

SSD NEWSLETTER



First month of the semester complete and here at the SSD we are so proud of you!

We have lots to offer you this month including more study group and crafting drop-in's where you can meet community members, have snacks, and work.

For our monthly event we will be heading to the Victoria Bug Zoo on February 9th from 1:00-3:00pm and for our monthly workshop we will have a discussion about burnout with Dawn from the UVic Wellness Centre and our Education and Administrative Coordinator Kai.

Additionally, we will be having our Annual General Meeting in late February or early March! So we will have a bit of information about that below too!

Events

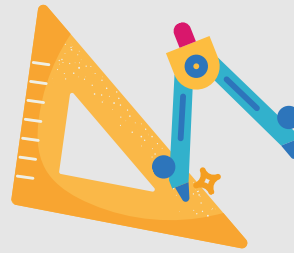
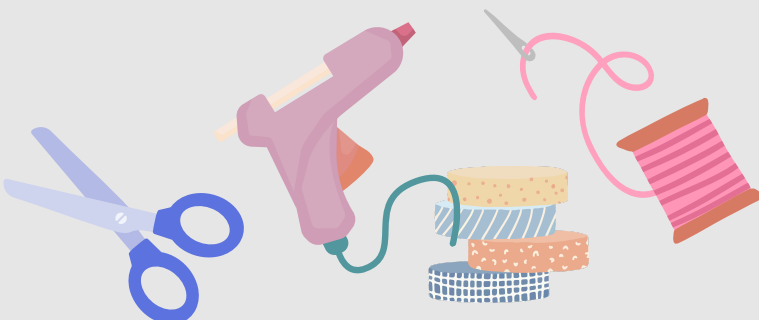
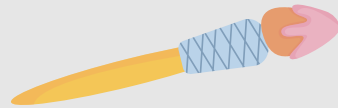
Crafting Drop-in

Join our wonderful workstudy student, Mia, every second Monday from 3:30-4:30 PM for a fun and relaxing creative break. We'll have plenty of crafting supplies on hand, but you're also welcome to bring your own projects. Whether you're a seasoned crafter or just looking to unwind, this is the perfect time to get creative and connect with others.

Date: February 9th & 23rd

Time: 3:30pm-5:30pm

Location: SSD Lounge, Student Union Building Room B11



Group Study

Friday's in February we will be hosting our body doubling/group study sessions. Are you wondering what body doubling is? Body doubling is a productivity technique where individuals work in the presence of another person, either in person or virtually, to enhance focus and reduce procrastination.

Date: February 2nd, 6th, 13th, & 27th

Time: 4:00pm-6:00pm (Feb 2nd from 2:30pm-5:30pm)

Location: SSD Lounge, Student Union Building, Room B111

The Victoria Bug Zoo Field Trip

Join the SSD for a field trip to the Victoria Bug Zoo on February 9th! We have bought 10 tickets for students to join us and look around at all the amazing bugs. You can either bus with us to the Bug Zoo or meet us there.

Register here:

<https://forms.office.com/r/v7EytsgjJV>



Date: February 9th

Time: 1:00pm-3:00pm

Location: The Victoria Bug Zoo - 631 Courtney St

**Workshops****Understanding Burnout**

Join the SSD and Student Wellness for an interactive workshop on preventing and recovering from burnout. We will be providing tea and cookies! You can also join us in-person in the SUB Upper Lounge or online (use the registration link below for the zoom link).

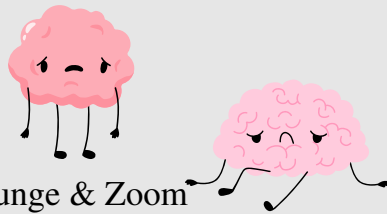


Register here!

Date: February 12th

Time: 4:00pm-5:30pm

Location: SUB Upper Lounge & Zoom

**Accessible Grocery Shopping Workshop**

This two-part workshop aims to provide information and support to students who may be new to, or facing, accessibility barriers around grocery shopping. The first part of this workshop will educate participants on how to create and stick to a budget, and how to make their grocery shopping experience more accessible. The second part of this workshop will involve a trip to the grocery store, where participants will receive a reimbursement of up to \$20 for their groceries.

Register here! (registration is required)



Date: February 26th & March 3rd

Time: 1:00pm-2:00pm & 3:00pm-5:00pm

Location: SUB B025 & Zoom

Annual General Meeting (AGM)**When & Where?**

We have not set a date for the AGM yet but you can expect it to be the last week of February or early March. We hold our AGM's online so that it is more accessible for students. If you have any other access needs please let us know!

What to expect at an AGM?

At an AGM you can expect annual reports from staff and council members, budget reviews, motions for approval, and elections. We have a whole bunch of positions available for nominations including; Operations Director, Finance Director, UVSS Constituency Representative, Graduate Students Representative, Director of Council at Large, Communications Director, and International Students Representative. The AGM usually takes between 1.5 to 2 hours, but don't worry we have a break!

Why Should I Go?

There are a few important reasons why you should come to the SSD AGM. The first is that we need disabled students in order to run, with your voices we can help provide things that you are actually looking for. Next is quorum in order to run an AGM we need to hit a certain amount of attending students, so anyone who comes is helpful. Thirdly, we will have prize giveaways for anyone who attends!

If you would like to learn more about the AGM please fill-out this form:

<https://forms.office.com/r/8UsnUqMng0>

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