

SSD NEWSLETTER

Happy New Year, SSD Community!

We're so excited to welcome you back to campus after a well-deserved break. We have an amazing semester ahead and can't wait to share everything we've been planning with you.

This term, you can look forward to the return of favorites like potlucks, drop-in crafts, and body doubling sessions, along with off-campus field trips and a fantastic lineup of workshops. Topics will include preventing burnout, accessible recreation, zine-making, and more.

We hope you'll join us at our upcoming events and workshops, we'd love to see you there!

Bella
Office Coordinator

Events

Crafting Drop-in

Crafting Drop-In Sessions Are Back! We're excited to announce that our crafting drop-in sessions are returning this semester! Join our wonderful workstudy student, Lucy, every second Monday from 4:00–6:00 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: January 12th & 26th

Time: 4:00pm-6:00pm

Location: SSD Lounge, Student Union Building
Room B11

One Pan Meal Potluck

Join us this January for a potluck to kick off the semester! This month's theme is one-pan meals, bring your favorite dish or try something new. Not feeling like cooking? No worries! You're still welcome to come and enjoy the food we prepare. We'll be making dumplings and a fresh salad, so there will be plenty to share. If you do choose to bring a dish, we're offering up to \$20 in reimbursement for ingredients.

Register here:

<https://forms.office.com/r/SXp50XC427>

Date: January 30th

Time: 5:30–7:30 PM

Location: SSD Lounge, Student Union Building,
Room B111

Workshops

Accessible Recreation Workshop

Join SSD and AIR for a workshop on accessible recreation on- and off-campus. Learn about recreation centre accessibility, leisure assistants, and financially accessible programs!

Register here:

<https://forms.office.com/r/MQc5RrjJ4p>

Date: January 27th

Time: 2:00pm-3:30pm

Location: SSD Lounge, Student Union Building Room B11

Community Programs

ConnectAble

Looking for connection and career support? Check out ConnectAble!

ConnectAble is all about building community while exploring your career path. It's a program designed for UVic students with disabilities enrolled in Co-op, to connect with peers, share experiences, and support each other in finding meaningful work opportunities.

Through ConnectAble, you'll:

- Meet other students who get what you're going through
- Swap tips and stories about co-op and career journeys
- Learn how to self-advocate as a professional with a disability and meet employers who value diversity

Want to be part of it? Join the conversation, make connections, and discover opportunities that work for you. Register for the ConnectAble Information session on Tuesday January 13.

Tabling & Outreach

We have lots of tabling opportunities coming up this semester as we continue to build our community! Here is where you can find us this month.

Clubs & Course Union Days

Date: January 14th & 15th

Time: 10:00am - 4:00pm

Location: Michele Pujol Room

Free Hot Lunch

Date: January 27th

Time: 11:30am - 1:00pm

Location: Vertigo

Puppy Playtime

Date: January 29th

Time: 11:30am - 1:00pm

Location: SUB Upper Lounge



December Re-cap

Holiday Crafting

On December 15th we had holiday crafting where we took pinecones and created little gnomes and owls! We think they turned out super cute.



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