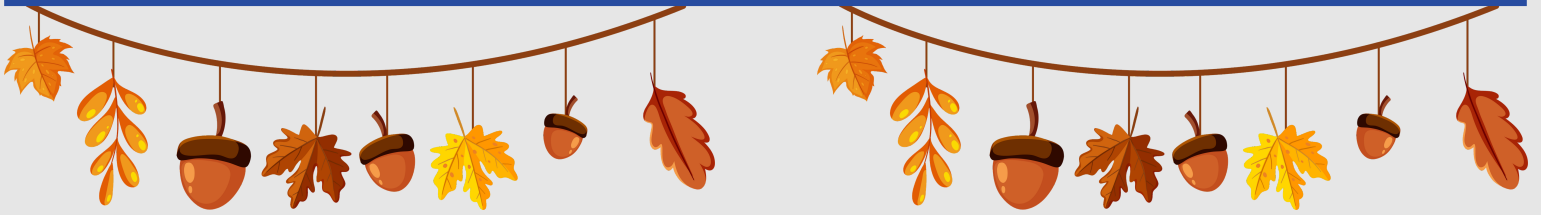


SSD NEWSLETTER



Happy October from the SSD!

Welcome to all the new students who signed up for our newsletter during September Campus Kick-off we are so happy to have you as part of our community.

We have filled our October schedule with some really exciting events and programming. We will be sharing delicious food, decorating pumpkins, building an art hive, and connecting with our peers.

The SSD Team

Events

SSD x AIR - Body Inclusive Yoga

Join the SSD and AIR for a welcoming and supportive yoga class designed with accessibility and inclusivity in mind. Whether you are new to yoga or have an established practice, these classes will offer variations for all levels, ensuring that everyone feels comfortable and supported. Together, we will focus on grounding asanas (poses), mindful breathing, and intention setting that promotes our well-being. Come join us to connect, move, and restore our collective energy in a safe and inclusive setting. Come as you are, no prior experience necessary!

Date: October 19th and 26th

Time: 5:30 - 6:30 pm

Location: Gwynne Studio, CARSA

Registration: Click [here](#)



Pumpkin Decorating

The Pride Collective is putting on some amazing Halloween events the week of October 20th to 24th, and we want to help them out! On October 20th join us for a drop-in pumpkin decorating session, we will be getting foam pumpkins to paint, bedazzle, and cut some beautiful designs into. Once we are satisfied with our creations we will be giving them to Pride to include as part of their decor for the event.

This is a drop-in event, so no registration is required, we will just be decorating together.

Date: October 20th, 2025

Time: 12:30pm - 3:00pm

Location: SSD Lounge, Student Union Building room B111.



Workshops

Disability and Neurodiversity Awareness Training

We are excited to announce that the SSD will be participating in this year's "5 Days of Action" (Oct 27th-31st) schedule of events! Join Hannah and Kai in discussing ablism in the academic setting and ways to be a better ally towards the disabled and neurodiverse folks in the UVic community. While we especially encourage faculty and staff to attend this event, it is open to everyone in the UVic community who wishes to join the discussion! To learn more about the other events 5 Days of Action has to offer, check out EQHR's webpage!



Date: Tuesday, October 28th



Time: 1:00pm - 3:00pm



Location: Upper SUB Lounge and via Zoom



Registration: [Link](#)

Programs

Disability Art Hub

In collaboration with Videa, we are excited to announce the "Disability Art Hub": a collective art making space for self-identified disabled folks to create artwork and discuss their experiences. For our first Art Hub, we will be making a communal art piece centered around the theme of self-advocacy. Date and location are still waiting to be confirmed. If you are interested in participating and would like to be in the know for updates, email Kai at edussd@uvic.ca

Peer Support Groups

The SSD is hoping to run the following peer support groups this semester; Autism, Chronic Pain, ME/CFS and Long COVID, Mental Health, and Racialized & Disabled. The groups will be hybrid, provided that we can find in-person facilitators. They will begin in October, and if you register ASAP, you can offer input through a poll on the dates/times of the groups. If you are interested in facilitating a group email our Office Coordinator Bella at uvicssd@uvic.ca.

Sign-up to join a group here!



Beacon hill Petting Zoo - Recap

On September 18th we went to the Beacon Hill Petting Zoo and it was quite the success. We pet many goats and met several other animals. After our zoo visit we went and got ice cream from the Beacon Drive-in.



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