

MONTHLY WELLNESS E-BLAST

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April 2021

World Health Day - April 7th
World Immunization Week - April 24th to 30th

A collection of CHWC events and activities:

Fit & Well Podcast Episodes:

April - Intuition with Audra Sherman, head coach of Ontario Tech University women's soccer team

Link: <https://www.youtube.com/watch?v=bCEJtGw6tqs>

Health and Wellness Information sessions via Instagram Live (#dcotres):

Join Residence Outreach Worker, Louise Stiles every Tuesday at 2 p.m. as she interviews various campus departments and community partners! Sessions are informational and our goal is to provide resources and knowledge on a variety of topics. These run via Instagram Live and anyone is welcome to join - questions during the Live are welcomed! The sessions are recorded and posted, if you can't make the scheduled time, you are welcome to watch at your leisure.

April 6 - 2 p.m. Relating in Recovery - An addiction recovery focused program within the community - Jay Hillier to discuss programming and treatment options

April 20 - 2 p.m. John Howard Society - Programs and support services available in Durham Region

Link: <https://www.instagram.com/dcotres/?hl=en>

WellChat Soft-Launch:

The CHWC is pressing pause on our WellChat service for the month of April to coordinate additional programming for DC students come May 1st, where we'll launch our "Better Together" series; a mental health collaboration between DC and OT. Our aim is to foster social connection in a time of physical distance through activity-based interventions to mediate social isolation and grief among Durham College and Ontario Tech University students. Planned sessions will include activities like: culinary skills, canvas and ceramic painting, yoga sessions, beading/jewelry making, and much more. All session kits will be available for pick-up at the CHWC main doors; kits are free of charge. Pre-registration will be required via Eventbrite. Posts to access registration will be released starting in May 1st and will be available on IG @wellnessatdc, FaceBook at "Wellness at DC", or via the DC Calendar, by clicking on the event here: <https://durhamcollege.ca/events> at the beginning of every month.

Starting in September 2021, Ontario Tech University (OT) students will also have in-the-moment access to OT's Wellness Coordinator or Peer Wellness Mentor during sessions.



Please note that the CHWC has adjusted its hours of operation - the Oshawa and Whitby locations are now open 8:30 a.m. to 4:00 p.m.



The CHWC has finalized our Mental Health Toolkit - including the "Supporting Students with Mental Health Concerns" flowchart for staff/faculty! We are looking for opportunities to share what we've created. If you're interested in sharing this toolkit with your department, please reach out to kymberly.kvasnak@durhamcollege.ca to arrange an orientation.

