

MONTHLY WELLNESS E-BLAST

 Follow CHWC @wellnessatdc

JULY/AUGUST 2022

A collection of CHWC events and activities:

Our Better Together Series aims to foster social connectedness through activity-based interventions to mediate social isolation and grief among Durham College and Ontario Tech University students. Students who attend will have their name entered into a draw for a prize. Please register using your student email address. Events will be taking place over Zoom and the link will go out to registered students one hour prior to the event starting.

July 13 - Snacks with Sylvia

11:30 a.m. to 12:30 p.m.

Join DC's Sylvia Emmorey, a registered nutritionist, as she teaches us two tasty, nutritious, affordable, and easy to prepare recipes!

Ever take your hangry out on a friend when all you need is a snack? Join DC's Sylvia Emmorey, a registered nutritionist, as she teaches us two tasty, nutritious, affordable, and easy to prepare recipes that can help students stay well-nourished and on budget! A list of ingredients will be sent out ahead of time via email and only a few pieces of cooking equipment are required by the participant (mixing bowl, blender, oven, baking tray). We look forward to seeing you there!

Please register using your student email address. Event will be taking place over Zoom and the link will go out to registered students one hour prior to the event starting.

Registration Link: <https://www.eventbrite.ca/e/snacks-with-sylvia-tickets-360813562077>

August 24 - Vision Boarding with Victoria & Lucy

11:30 a.m. to 12:30 p.m.

Join us to create your own vision board and set your goals for the year!

Vision Boards are a powerful manifestation tool that can capture the essence your goals and support you in making them a reality; keeping your goals at the forefront of your mind, serving as a daily reminder of what you're working towards and therefore driving motivation when you need it most. As you embark on the Fall semester, make the time and energy to join Durham College's Wellness Coach Lucy Romao Vandepol and Ontario Tech's Health Promotions Coordinator Victoria Palmer in creating a space for you to express how you want to live your life in a meaningful way. Lucy and Victoria will provide you with the opportunity to cultivate the skill set necessary to create a vision board, set your goals, develop an action plan and track your progress to help achieve your goals.

Please register using your student email address. Event will be taking place over Zoom and the link will go out to registered students one hour prior to the event starting.

Registration Link: <https://www.eventbrite.ca/e/goal-setting-and-vision-board-with-victoria-and-lucy-tickets-379837523257>



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Looking ahead to the fall semester:

The Mind Program in collaboration with Ontario Shores Centre for Mental Health Science

Durham College and Ontario Shores Centre for Mental Health Sciences are collaborating to deliver a free mental health and well-being learning centre called The Mind Program at your school. The Mind Program will be offering peer-led workshops during the fall semester.

Check <https://durhamcollege.ca/student-life/health-and-wellness/campus-health-and-wellness-centre/mind-program> for Fall 2022 Mind Program offerings.



Campus Health Wellness Centre (CHWC)

Is here to help students flourish during their time at college. We take a multidisciplinary approach to supporting you with your mental health journey. Contact the CHWC at 905.721.3037 to book an appointment to get started on working through what is blocking you from your full potential.



Campus Pharmacy by Lovell Drugs

Is open all summer and is a great place to grab not only prescriptions but over the counter pharmacy items
Call 905.728.6724

