

# MONTHLY WELLNESS E-BLAST

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## FEBRUARY 2021

February is Black History Month - Join DSCI and OEDI here for up-coming events: [DCSTUDENTINC.CA/BHM](https://DCSTUDENTINC.CA/BHM)

## A collection of CHWC events and activities:

### Fit & Well Podcast Episodes:

- February 4 – Conflict Management and Resolution: Discussing DC's on-campus conflict resolution service with Andrea Colaco
- February 9 – Physio and Health: Keeping your body tuned from a physio standpoint with Vickie Grierson from Fit4Sport
- February 18 – Attaining and maintaining balance in life with Jeremy Greenberg
- February 22 – Mental health with DC's mental health nurse Keri Young

Link: <https://campusrecreationcentre.com/sports/2021/1/5/fit-and-well-podcast.aspx?id=87>

### Wellness Coaching webinar via Microsoft Teams:

Coaching is about asking the right questions to open up new possibilities, perspectives, and opportunities to move forward. Wellness similarly, is an exploration and development of the things that are important to us and keep us going. This workshop will discuss and explore the role and importance our intuition can have in cultivating wellness, better decision making and getting us where we want to be. This is a workshop in collaboration with/for the Institute of Student Leadership and is co-facilitated with Leesa McLeish-Diaz and Kristin Pablo.

February 19 – 3 p.m. to 4 p.m. Intuition and Wellness: A Coaching Approach (via Teams)

Link: [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_Mzg0NjMxMmQtMzkwOC00YzE5LTkwMTktZmVIMGM4MzE4ZGYz%40thread.v2/0?context=%7b%22Tid%22%3a%2249bba7a4-424b-4070-a70e-886e9dd7caef%22%2c%22Oid%22%3a%220e55acc9-bc80-4564-90fa-dc3f4b1ef850%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_Mzg0NjMxMmQtMzkwOC00YzE5LTkwMTktZmVIMGM4MzE4ZGYz%40thread.v2/0?context=%7b%22Tid%22%3a%2249bba7a4-424b-4070-a70e-886e9dd7caef%22%2c%22Oid%22%3a%220e55acc9-bc80-4564-90fa-dc3f4b1ef850%22%7d)

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

Join Residence Outreach Worker, Louise Stiles 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.

- February 2 – 2 p.m. Community Livingroom
- February 4 – 2 p.m. Toronto Eating Disorder Association
- February 16 – 2 p.m. Durham Mental Health Services
- February 23 – 2 p.m. Campus Health and Wellness Centre services

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

### Global Class Event - Health and Wellness Panel:

Join panelists Lori Lane Murphy, Chris Bovie, and Marta Gozdzik, as they explore overcoming stigma and mental health support. More information to be announced!

February 17 - 10:30 a.m. to 12 p.m.

### NEW and Up-Coming Virtual Wellness Space:

WellChat is an open, drop-in wellness space for DC students. Each week will feature a health and wellness themed session that promote awareness, discussion and exploration. There will also be direct access to DC Wellness Coaches for in-the-moment, private wellness coaching sessions during these sessions. WellChat will take place every Wednesday from 12 p.m. to 2 p.m. beginning March 3. More information to come in the March e-blast!

March 3 – 12 p.m. to 2 p.m. CHWC first WellChat Session!



A reminder to students to participate in the [Canadian Campus Well-Being Survey](#) - access available via link sent through [DCMail](#). Survey is available **February 22 to March 5**.

Help us serve you better!



CAMPUS HEALTH AND  
WELLNESS CENTRE