

MONTHLY WELLNESS E-BLAST



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January 2022

Happy New Year!

Bell Let's Talk Day - January 28th

A collection of CHWC events and activities:

Goal Setting & Vision Board with Lucy

January 13th from 2 p.m. to 3:30 p.m.

Students will be working on creating their own vision board and setting their 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 our Wellness Coach Lucy Romao Vandepol in creating a space for you to express how you want to live your life in a meaningful way. Lucy will provide you with opportunity to cultivate the skillset necessary to create a vision board, set your goals, develop an action plan and track your progress to help achieve your goals.

All those who attend will have their name entered for a draw for a gift card at the end of the event. - Michael's gift card

Flow Yoga and Mental Health Nutrition with Jessi

January 19th from 11:30 a.m. to 1:30 p.m.

Flow & Let Go

Yoga is one of the most ancient practices to support optimal mental health which came to be in an effort to release tension in the body and to calm the fluctuations of a busy mind so that the practitioner may cultivate a sense of inner connectedness. This Flow & Let Go class is designed to do just that; release tension from the body, alleviate stress from the mind, and guide the practitioner back home to themselves. This class is open to all levels and will combine breathwork, mindfulness, and movement - no prior experience needed.

Holistic Nutrition for Mental Wellbeing

We've all heard the saying "you are what you eat" but have we ever truly put this into practice? Science shows that 80% of serotonin, the "feel-good" hormone that regulates mood, happiness, and modulates stress and anxiety, is actually manufactured in your gut. The gut can only produce these hormones if it is getting the correct raw ingredients (aka nutrients) to do so. This seminar will teach you how to begin the powerful process of supporting mental health through nutrition & lifestyle and will provide you with tangible, inexpensive tips and tricks to start integrating these practices into your life right now in order to reap the benefits.

All those who attend will have their name entered for a draw at the end of the event.

Bollywood Dance with Akanksha

January 26th from 11:30 a.m to 12:30 p.m.

Join Akanksha from @aka_naach for an incredible virtual Bollywood Dance workshop! No dance experience necessary, all are welcome. Akanksha is a Toronto-based dancer, instructor, and content creator. With over 11 million YouTube views, 44 thousand Instagram Followers, and 20 thousand Tik-Tok Followers - Akanksha is renowned for her enthusiastic spirit and incredible dance moves! Akanksha works hard to create a positive, encouraging environment to make dancing accessible for EVERYONE. She loves what she does and wants to spread the joy of dancing with all of you.

Students who attend the session will have their name entered for a draw.



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CHWC Women's Health
Dr. Alingary is with the CHWC offering
IUD insertion and a Reproductive Health Clinic once a month. For an appointment, please contact the CHWC at 905.721.3037.



Mental Fitness Bootcamp with Lucy Romao-Vandepol

Students are invited to kick off the year by participating in a Mental Fitness (MF) Bootcamp in January. This is a 6-week program based on Positive Intelligence (PQ), students will have free access to Shirzad Chamine's PQ app and the Positive Intelligence book as PDF and audiobook. The program is limited to 5 students.

Participation in the program involves a time commitment of two hours per week + 15 minutes per day. The two hours are broken into one hour of online app based modules (broken into smaller chunks so that you don't have to do it all in one sitting) that are done over the weekend and then a one hour group coaching session that happens at the beginning of the week – date and time TBD. New material is released via the app each Saturday and participants are to complete that prior to the weekly group session.

If you're interested in participating, please connect with Wellness Coach, Lucy RomaoVandepol at Lucy.RomaoVandepol@durhamcollege.ca.

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 is offering three peer-led workshop series in the winter semester that were created by students at your school!

The first workshop series, entitled "Co-Design Course" is being offered virtually on Monday's from 3-4 p.m. from January 24th, 2022 – February 21st, 2022. In this workshop series, you will have the opportunity to inform mental health programming at your school. You and your peers will collectively design and develop the course offerings for the next semester in the Mind Program. The goal of this workshop series is to ensure that your voice is at the centre of this programming. An honorarium will be provided to co-design participants. Ten spots are available on a first-come, first-serve basis.

The second workshop series, entitled "College Life 101" is being offered virtually on Tuesdays from 4:00 to 5:00 p.m. from February 1st, 2022 to March 15th, 2022. In this workshop series, we will learn about all the things that we are expected to know as students but are never taught. The goal of this workshop series is to learn from one another to feel whole and prepared for success.

The third workshop series, entitled "It's Okay Not to be Okay" is being offered virtually on Mondays from 3:00 to 4:00 p.m. from March 7th, 2022 to April 11th, 2022. In this workshop series, we will learn to prioritize our wellness together in a judgement free zone! The goal of this workshop series is for you to feel supported and empowered to prioritize yourself!

For more information and/or to register for either or both workshop series, go to <https://www.surveymonkey.com/r/ZDGDJ5D> or email Holly Harris, at harrish@ontarioshores.ca



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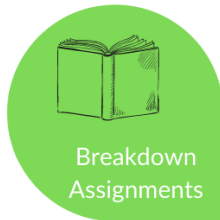
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PEER WELLNESS COACHING



@wellnessatdc



Breakdown
Assignments



Organization



Social
Connection

Need Help Navigating Your Education?

Time Management

Brainstorm Ideas for
Assignments

Help With Using Online
Platforms Such as DC
Connect

For more information, visit us at:
www.durhamcollege.ca/pwc



Make an appointment:
Email: pwc@durhamcollege.ca

