

MONTHLY WELLNESS E-BLAST

 Follow CHWC @wellnessatdc

March 2021

A collection of CHWC events and activities:

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.

March 9 - 2 p.m. Holly Baird with Bethesda House

March 16 - 2 p.m. Jamie Meldrum - DC Wellness Coach

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

WellChat Soft-Launch:

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 11:30 a.m. to 1:30 p.m. beginning March 3.

March 3 - 11:30 a.m. to 1:30 p.m. - Meet your WellChat Team: What Are We Doing Here?

March 10 - 11:30 a.m. to 1:30 p.m. - Wellness and Coaching: We Could All Use A Little Help Right Now!

March 17 - 11:30 a.m. to 1:30 p.m. - A Balancing Act: Pillars and Dimensions of Wellness

March 24 - 11:30 a.m. to 1:30 p.m. - Setting and Achieving Goals: Comfort Zones Are Comfy

March 31 - 11:30 a.m. to 1:30 p.m. - Self-Care: A Shot of Serotonin

Search: "WellChat" on Microsoft Teams



A reminder to students to participate in the **Canadian Campus Well-Being Survey** - access available via link sent through DCMail.

UPDATE* survey will be available **March 15 to March 29**. Help us serve you better!



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.

