

MONTHLY WELLNESS E-BLAST



 Follow CHWC @wellnessatdc

March 2022

A collection of CHWC events and activities:

These events are being hosted as a part of our Better Together Series of events aimed at helping students make connections and it is open to all Durham College and Ontario Tech students. Students who attend the session 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...

March 9th – Music Therapy with Synergy Music Therapy and Wellness Service

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

Join Synergy Music Therapy & Wellness Services in a Creative Power Hour to explore the complimentary mediums of creative writing + music alongside one of our certified music therapists. Here you'll be in a safe and creative space to explore, find emotional support, and ignite your imagination. This Creative Power Hour focuses specifically on themes of grief and isolation related to the impacts and experiences of Covid-19 and will also include introductory information to the field of music therapy.

Register Here: <https://www.eventbrite.ca/e/music-therapy-with-victoria-kym-tickets-273010300157>

March 16th – Wellness and Influential Books with Lucy and Jamie

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

A reader lives a thousand lives before they die, the person who does not read lives only one. This near quote by novelist George R.R. Martin tells the tale of how reading can pique imagination, inspiration, and creativity. Books can empower and humble us, and leave us crying or wanting more. Join this Better Together Series session to share and hear about the books we (meaning you!) find to be influential and unforgettable, and support our mental well-being through story and tale.

Register Here: <https://www.eventbrite.ca/e/wellness-and-influential-books-with-lucy-jamie-tickets-273022968047>

March 23rd - Flow Yoga and Mindful Eating with Jessi

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.

Mindful Eating

Mindfulness is at the centre of our ability to feed & nourish the body in a healthy way. In order to make healthy changes to diet & lifestyle, there must be an element of mindfulness at play in order to make healthy & sustainable choices day to day. The practice of eating mindfully is not adopting a fad diet for the purpose of weight loss, but more to recognize the nutritional needs of the body and to take pride in our responsibility to nourish & care for our bodies. Making mindfulness the centre of our diets helps us to thrive in our health and to experience vitality & well-being.

Register Here: <https://www.eventbrite.ca/e/288574623467>



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March 30th – Addressing The Need for Trans Inclusive Mental Health Care in A Postsecondary World with Jake Farr, President of PFLAG Durham

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

Students who identify as 2SLGBTQ face enormous mental health disparities relative to their peers - why is this the case and how can we mitigate this? Jake Farr, President of PFLAG Durham Region will join us to expand on the on 2SLGBTQ students' experiences and well-being: victimization, psychological climate on campus (belonging and safety), academic stressors/impediments to academic performance, and how experiences affect 2SLGBTQ students' mental health. We'll also discuss the resources in place to support the mental health of our 2SLGBTQ community on and off campus.

Register Here: <https://durhamcollege.ca/student-life/student-services/diversity/dc-pride-collective>



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 participating in a Mental Fitness (MF) Bootcamp beginning March 14th. 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. 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.



MONTHLY WELLNESS E-BLAST



Campus Pharmacy by Lovell Drugs
Book your Flu Shot today while supplies last!
Call 905.728.6724



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 - this workshop is now full.

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 “Its 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, got to <https://www.surveymonkey.com/r/ZDGDJ5D> or email Holly Harris, at harrish@ontarioshores.ca

Residence Outreach - In-Person Programming for South and Simcoe village

March 3rd and 10th: Women's Health and Issues

9 a.m. to 12 p.m. @ South Village & 1 p.m. to 4 p.m. @ Simcoe Village

March 24th and 31st: Transgender Awareness, Safety and Community

9 a.m. to 12 p.m. @ South Village & 1 p.m. to 4 p.m. @ Simcoe Village

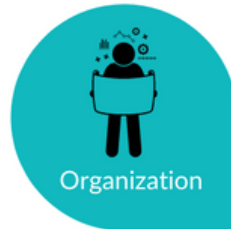


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PEER WELLNESS COACHING

DCPWC

@wellnessatdc



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

