

MONTHLY WELLNESS E-BLAST



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October 2021

Breast Cancer Awareness Month
HPV Awareness Week - Oct. 3rd to 9th
Mental Illness Awareness Week - Oct. 3rd to 9th
World Mental Health Day - Oct. 10th

A collection of CHWC events and activities:

Better Together Series

To register for any of the following Better Together events, please visit: <https://durhamcollege.ca/events/list>. Please register using your student email. At this time, all Better Together sessions are virtual and will take place over Zoom.

Build Your Own Distress Tolerance Kit - DBT Distress Tolerance Crisis Survival Skills Teaching and Kit Building with Ontario Shores
October 13th from 11 a.m. to 1 p.m.

Join our guests Gwenne and Rama from Ontario Shores as they help to you to build your own distress tolerance kit using DBT distress tolerance crisis survival skills. DBT is a specific blend of cognitive and behavioural therapies developed to share acceptance-based strategies. It is usually used in the treatment of Borderline Personality Disorder and is also used to treat individuals with eating disorders, addictions, anger problems and other impulsive behaviours. DBT places emphasis on the psychosocial aspects of treatment (how a person interacts with others in different environments and relationships) and teaches behavioural skills to cope with sudden, intense surges of emotion like stress; how to regulate emotions; and improve relationships with others. Comprehensive DBT focuses on four ways to enhance life skills including distress tolerance, emotion regulation, mindfulness and interpersonal effectiveness. The emphasis is on teaching individuals how to manage emotional trauma, rather than reducing, or taking them out of crises.

Exploring and Flipping Perspectives with Lucy Romao Vandepol
October 20th from 11:30 a.m. to 12:30 p.m.

If you are experiencing some challenges, feeling stuck or are simply curious as to how the same event produces a different reaction in people, then this session is for you! This event is 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. This session explores the power of reframing perspectives in an interactive session. During the session we will look at empowering and dis-empowering perspectives and you will get to experience what “flipping” your perspective look likes. Everyone will be invited to play along at home as we go through an exercise on flipping perspectives. We will start by exploring the perspectives that you are currently using and then work our way towards flipping it!

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

Pumpkin Carving Challenge with your BTS Team
October 27th from 11:30 AM- 12:30 PM

Halloween is just around the corner, and what better way to celebrate than with a Pumpkin Carving Challenge! You will be provided with a pumpkin and carving kit 2 days prior to the event. Get as creative and festive as you'd like!
On the day of the event, you are encouraged to dress up. All those in attendance will cast a vote on the most impressive pumpkin, and the winner will receive a prize.



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Residence Life and Outreach with Lousie Stiles and Krystine Wickins

These sessions are intended to bring residents together and build community in person, in a safe environment. Event will run for the course of 6 weeks (September 23rd to October 28th) on Tuesdays (South Village back patio) and Thursdays (Back lawn of Simcoe Village) from 1 p.m. to 2 p.m.. There will be a sign up for residents to register for the event as there will be a capacity of 20 people permitted to attend – any resident of South Village, Simcoe Village, and Whitby Village can attend so long as they have signed up. The program will consist of two portions – the first half will be a pre-determined activity and the second half will be a guided discussion. The Athletic activities are being provided by Campus Rec.

To promote COVID safety measures, craft kits will be pre-made to limit excess touching. Items will be passed to the residents by the event hosts. Residents and hosts will be masked and partake in physical distancing measures. The hosts will have hand sanitizer readily available and gloves for anyone who may want them.

Please note that these sessions are only for those students living within residence at this time.

Clay Modeling - October 5th & 7th from 1 p.m. to 2 p.m.

Discussion: Focus on self in taking care of physical, mental health, and “spiritual” wellbeing

Athletic Activity - Oct 12th & 14th from 1 p.m. to 2 p.m.

Discussion: Self-Care and the importance of rest

Fall Themed Meditation Jars - October 19th & 21st from 1 p.m. to 2 p.m.

Discussion: Managing academic stress and stress overall

Pumpkin Carving/Painting - October 26th & 28th from 1 p.m. to 2 p.m.

Discussion: Holidays and Wintering

College Wellness Committee (CWC) Move Forward

If you know of any mental health and/or well-being activities in your department that should be highlighted on campus please connect with healthpromotions@durhamcollege.ca and these initiatives will be shared at the next CWC meeting on October 18th.

Virtual Class Visits

The Campus Health and Wellness Centre is pleased to continue to provide virtual class visits and share with students the mental health and wellness supports available to them. Wellness Coaches are also available to facilitate talks and workshops around general health and well-being topics. Please reach out to wellnesscoaching@durhamcollege.ca to book your virtual class visit or session!



CHWC Therapy Additions

This Fall the CHWC will begin offering Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT) in collaboration with Ontario Shores Centre for Mental Health Sciences; these are referral based programs and will require an initial Mental Health Triage appointment. Please contact the CHWC at 905.721.3037 for more information, or to book an appointment.

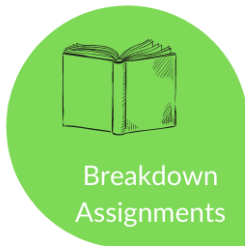


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PEER WELLNESS COACHING

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

 CAMPUS HEALTH AND
WELLNESS CENTRE

Make an appointment:
Email: pwc@durhamcollege.ca

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