

# MONTHLY WELLNESS E-BLAST



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## September 2021

Ovarian Cancer Awareness Month  
Prostate Cancer Awareness Month  
World Suicide Prevention Day - 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.

#### Meet Your Better Together Team (Virtual Event)

September 15th, 2021 11:30 a.m. to 12:30 p.m.

An opportunity to meet the folks who bring you Better Together; a collection of humans who are passionate about your student wellness experience here at DC! We're full of valuable and impactful information on a healthy and well post-secondary experience; made up of Wellness Coaches and Health Promoters - working in the CHWC provides us with direct access to health and wellness support services on campus and we can't wait to share what we know, answer your questions and tell some really bad Dad jokes. Come learn a little bit more about us, what we do, what the better together series is, and how we can help YOU!

#### Flow Yoga & Mental Health Nutrition with Jessi Hoey (Virtual Event)

September 16th from 11:30am to 1 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.

#### Stress and School (Virtual Event)

September 20th, 2021 from 3 p.m. to 4 p.m.

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. The beginning of a new school year can leave students feeling stressed and overwhelmed. This virtual workshop will present and discuss some easy and effective ways of dealing with these feelings. Facilitators from Durham College and Ontario Tech will guide you through various coping strategies and provide you with some tips! Join fellow DC and Ontario Tech students as we talk about and create ways to improve our wellness and connect with others!



# MONTHLY WELLNESS E-BLAST

## A collection of CHWC events and activities continued:

### **Calming Paint Experience (Virtual Event) with Georgia Fullerton**

September 22nd, 2021 from 11:30 a.m. to 12:30 p.m.

Research has demonstrated that painting can help you rest, manage anxiety, and reduce stress. But “I’m not an artist”, you might object. According to science, you don’t have to be “an artist” to benefit from the stress-busting effects of painting. The fact is that if you focus on painting at any skill level, and you let it inspire you, you’ll be more relaxed regardless of the outcome. This paint experience will help you relax through a fluid medium; help you let go of the need to control, quiet the brain, switch on your senses and transition into a state of calm.

\*All supplies provided

### **Vision Boards and Goal Setting (Virtual Event) with Lucy RomaoVandepol**

September 29th, 2021 from 11:30 a.m. to 1:00 p.m.

Vision Boards are a powerful manifestation tool that can capture the essence of 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 RomaoVandepol 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 supplies provided.

### **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](mailto: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 and appointment.

