

Disability Services Wellness Refresher Workshop

For returning York U students registered with Disability Services



9:00 am to 4:00 pm, Thursday July 27th

Room 010 Vanier College Senior Common Room

Snacks will be served!

Looking after ourselves isn't something we only need to do when we're feeling sick. Regular Wellness Maintenance is a wonderful way to keep ourselves feeling strong, resilient, flexible and able to focus on achieving our goals.

You are invited to join MHDS Staff, Students and Peers in a one-day Wellness Refresher Workshop. Open to new and returning students who are registered with Disability Services, the Wellness Refresher offers an opportunity to spend a day building skills, developing greater insight, and making connections that will help support Wellness Maintenance throughout the academic year.

- Connect with other students registered with Disability Services at York
- Learn more about your own decision making process
- Build your understanding of and skills in self compassion and self reflection
- Hear stories from other students about how they have created their own definitions for success as they navigate their academic careers

Please come prepared to do some looking inward of your own, and to listen to or participate in discussions that touch on strengths, challenges, and the feelings that can arise from them.

This Workshop is by registration only. If you are interested in participating, please complete the Registration Form on the MHDS website.

<https://cdfsforms.apps01.yorku.ca/machform/view.php?id=53156>

The deadline to register is Friday July 21st. Please provide 72 hours notice if you are registered and must cancel. We look forward to seeing you there!