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Thursdays | Dogs on Campus, noon –1 pm, Mitchell Hall
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Thursdays | New wellness group: Navigating University with ADHD , 1–2:30 pm,

online

March 2 | Interfaith Prayers for Peace, 3–4 pm, Mitchell Hall Interfaith Room

March 3 & 7 | SAGE Coffee Chat, 9 am-10 am & 10 am -11 am, Four Directions

March 7 | COVID-19 Vaccine Clinic, 10 am-4 pm, Mitchell Hall 2nd floor

March 7 & 23 | Bereavement Group with Faith and Spiritual Life, 3 -4 pm

& 6-7 pm, Mitchell Hall 210

March 7 | Psychedelic Therapy: A New Frontier in Mental Health , Speaker Seminar,

7:30-9 pm, Mac-Corry B201

March 8 | Identifying and Responding to Students in Distress , 11 am-noon, online

March 9 | Take Care of Yourself Dr op-in Social, 11 am-1:30 pm, LaSalle 224

Access your T2202 Tuition and Enrolment Certificate in SOLUS to claim tuition, education, and textbook deductions.

To get your form, you must have submitted your <u>Social</u>

<u>Insurance Number (SIN) on SOLUS</u>

T4A tax documents, for reporting scholarships, bursaries, prizes, and awards, are mailed to your address in SOLUS. Make sure it's up to date!

Questions? Email solus@queensu.ca, book an appointment to speak to a staff member, or drop in to the Registrar's Office on the first floor of Gordon Hall.

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The UDSI will be in effect - 12 am on Thurs., March 9 to 11:59 pm on Sun., March 19.

# Supporting a Safe St. Patrick's Day

Students at Queen's are bound by the Queen's Code of

Conduct. Students should be aware of the city's Nuisance Party Bylaw,
and University District Safety Initiative (UDSI).

Use this health resour ce map

# Health and Wellness

### Stay Active

Sign up for the new <u>Learn 2 Pom</u> class at the ARC, Fridays.

Book a <u>Physical Activity Peer Wellness Coaching Appointment</u>.

Trans and other gender diverse students are invited to <u>Solidarity</u>

<u>Swims</u> hosted by the Yellow House, Sundays!

### Mental Health Supports

Join a Wellness Group!

Access mental health and 24/7 resources.

### Sexual Violence Supports

Queen's <u>Sexual Violence Prevention and Response Services</u> is your central point of contact for resources, options, referrals, and reporting.

<u>Contact coordinator Barb Lotan</u> for more information.

The VESTA online support hub allows survivors to record experiences in a trauma- informed format with the options to remain anonymous and to notify SVPRS and/or police.

## **Eating on Campus**

# Worried about food?

The pay-what-you-can <u>PEACH Market</u> is open Mon., Wed., Fri., 11 am to 2 pm, in the <u>School of Medicine Building</u>, Arch St. entrance.

Want to work on campus this summer? <u>Applications for Summer Work</u>

Study positions open on March 15!

Get tips from a Career Counsellor at drop -in Career Advising,

# Not sure who to contact? Email <u>studentaffairs@queensu.ca</u>. We're here to help! Check out our websites below! (n)0.4447s6 f\* EMC BT /Link <</MCID 92 >>BDC 0.98 0.78 417.001 85.441 8

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