

# disAbility AWARENESS MONTH OCTOBER 2018

# Come join us for various activities!

If you wish to learn more about what resources are being offered to students with disabilities, stop by <u>SDRC</u> for our **Open House.** 

Attend the **Disability ALLY workshop** if you like to learn how to promote disability awareness.

Visit <u>Student Recreation Center</u> for the accessibility tour or cooking program. Stop by <u>R'Pantry</u> at 110 Costo Hall on 10/11 between 1-3pm for **Open House for SDRC Students (only).** 

#### STUDENT DISABILITY RESOURCE CENTER

125 COSTO HALL

Tel: 951-827-3861 Email: sdrc@ucr.edu Web: SDRC.UCR.EDU

# **EVENTS CALENDAR:**

SDRC Open House October 4, 2018, 11am-2pm 125 Costo Hall

## disAbility ALLY Workshops

for Faculty, Staff, and Students 10/9 at 9-12pm, HUB 265 10/30 at 1-4pm, HUB 265 Register via UC Learning Center LMS

### R'Success Workshops

ARC workshops for students Surge/Skye, RM 156

#### **ASPIRE Program Overview**

for students with disabilities 10/25 at 12:30-1:30pm Career Center Registration Link

#### "Let's Chalk About It"

by WELL and Active Minds for Faculty, Staff and Students 10/10 11am-1pm Location: TBD check for updates at this <u>Link</u>

# Student Recreation Center SRC Accessibility Tour

10/29 11am at SRC Registration Link

# **SRC Cooking Programs**

10/12 4-6pm "It's a Small World" 10/18 2-4pm "R'Pantry Creations" Register via phone (951) 827-5731 or in person at <u>Student Recreation Center</u>

# disAbility Awareness Month - October 2018: Description of Events

#### **SDRC Open House**

October 4, 2018, 11am-2pm at 125 Costo Hall

Please visit our office to learn more about what services/resources are being offered to students with disabilities. Participate in trivia to test your knowledge and win some fun prizes.

#### disAbility ALLY Workshops 10/09 9-12pm, HUB 265 10/30 1-4pm, HUB 265

This workshop seeks to facilitate awareness, understanding, and competency of disability through connecting faculty, staff, and students with resources, knowledge, and relationships of disability as diversity.

Register via UC Learning Center LMS

#### R'Success Workshops

Surge/Skye, RM 156

Check for updates at this Link  $\rightarrow$ 

#### **ARC Workshop for all students**

R'Success Workshops are scheduled on a drop-in basis and "first-come, first served." The workshop series covers a variety of study and life skills topics with each workshop offered several times each quarter. If you're looking for ways to strengthen your study habits and time management skills, you've come to the right place.

Register: http://arc.ucr.edu/workshops/study/index.html

# **ASPIRE Program Overview**

10/25 at 12:30-1:30pm at Career Center Plaza

ASPIRE is a career-development and professional-leadership program focused on the enhancement and exploration of career skills and transferable life skills for undergraduate students with disabilities.

Register at: <a href="http://careers.ucr.edu/careerplanningcounseling/guidance-programs.html">http://careers.ucr.edu/careerplanningcounseling/guidance-programs.html</a>

#### "Let's Chalk About it" by WELL and Active Minds 10/10 11am-1pm

Location: TBD check for updates at this Link →

Whether or not you are an artist, you can express yourself in creating a chalk art. In support of National Day Without Stigma, The Let's Chalk Awareness campaign will be hosted by the Active Minds Chapter with the goal to publicly demonstrate support for all those struggling with mental health issues and promote local resources.

Location: TBD check for updates at: http://well.ucr.edu/programs/wellprograms.html

# **SRC Accessibility Tour**

10/29 at 11am, to meet at SRC lobby

#### Student Recreation Center: http://recreation.ucr.edu/

This tour will allow attendees to become acquainted with accessible equipment and give students an opportunity to inquire about classes offered. If you would like to partake in this tour, please RSVP by clicking on this link: https://goo.gl/forms/v9p09X2Ww349ksNv1

#### **SRC Cooking Program**

10/12 at 4-6pm: "It's a Small World"

10/18 at 2-4pm: "R'Pantry Creations"

#### Student Recreation Center: http://recreation.ucr.edu/

It's a Small World: Travel around the world's best cuisines in this adventurous demo. From Asian to Latin American, we got you covered! Now let's get ready for takeoff.

R'Pantry Creations: R'Pantry provides groceries and basic necessities to Highlanders in need. Join us to learn how to turn some of these foods into affordable and delicious meals. In collaboration with Dining Services: Seeds of Change.

Register via phone (951) 827-5731 or in person at Student Recreation Center

# R'Pantry Open House for SDRC Students (only)

10/11 1pm-3pm at 110 Costo Hall

#### Web: http://basicneeds.ucr.edu/rpantry/index.html

R'Pantry is the UC Riverside food pantry, which aims to provide emergency food to UC Riverside students in need and to connect students to on- and off-campus food resources.