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 SDRC for our Open House.

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

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

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
Registration Link

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: HUB Upper Plaza

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 Student Recreation Center
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SDRC Open House</strong></td>
<td>October 4, 2018</td>
<td>11am-2pm</td>
<td>125 Costo Hall</td>
<td>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.</td>
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<tr>
<td><strong>disAbility ALLY Workshops</strong></td>
<td>10/09</td>
<td>9-12pm</td>
<td>HUB 265</td>
<td>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.</td>
<td>Register via UC Learning Center LMS</td>
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<td></td>
<td>10/30</td>
<td>1-4pm</td>
<td>HUB 265</td>
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<td><strong>R'Success Workshops</strong></td>
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<td>Surge/Skye, RM 156</td>
<td>ARC Workshop for all students</td>
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<td><strong>ASPIRE Program Overview</strong></td>
<td>10/25</td>
<td>12:30-1:30pm</td>
<td>Career Center Plaza</td>
<td>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. To apply for the program and for more information, contact: Vanessa Lee, <a href="mailto:wei.lee@ucr.edu">wei.lee@ucr.edu</a>, (951) 827-2827; or Glyn Wild, <a href="mailto:glynw@ucr.edu">glynw@ucr.edu</a>, (951) 827-4538. Web: <a href="http://careers.ucr.edu/">http://careers.ucr.edu/</a></td>
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<tr>
<td><strong>“Let’s Chalk About it” by WELL and Active Minds</strong></td>
<td>10/10</td>
<td>11am-1pm</td>
<td>HUB Upper Plaza</td>
<td>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.</td>
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<td><strong>SRC Accessibility Tour</strong></td>
<td>10/29</td>
<td>11am</td>
<td>SRC lobby</td>
<td>Student Recreation Center: <a href="http://recreation.ucr.edu/">http://recreation.ucr.edu/</a> 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: <a href="https://goo.gl/forms/v9pO9X2Ww349ksNy1">https://goo.gl/forms/v9pO9X2Ww349ksNy1</a></td>
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<tr>
<td><strong>SRC Cooking Program</strong></td>
<td>10/12</td>
<td>4-6pm</td>
<td></td>
<td>Student Recreation Center: <a href="http://recreation.ucr.edu/">http://recreation.ucr.edu/</a> 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.</td>
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<td>10/18</td>
<td>2-4pm</td>
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<td>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.</td>
<td>Register via phone (951) 827-5731 or in person at Student Recreation Center</td>
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<tr>
<td><strong>R'Pantry Open House for SDRC Students (only)</strong></td>
<td>10/11</td>
<td>1pm-3pm</td>
<td>110 Costo Hall</td>
<td>Web: <a href="http://basicneeds.ucr.edu/rpantry/index.html">http://basicneeds.ucr.edu/rpantry/index.html</a> 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.</td>
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**Student Disability Resource Center** at 125 Costo Hall. Tel: 951-827-3861. Email: **SDRC@UCR.EDU** Web: SDRC.UCR.EDU