Health and Wellness

**Digital Student Experience website**
Tools and resources to help with the transition to online/remote learning. The site also provides digital/virtual academic, health and well-being, career development, and social connection supports. Questions can be directed to Student Support, Case Management at 519-661-2111 x89152 or sscm@uwo.ca.

**Staying Active At Home**
Western Campus Recreation offers weekly online fitness classes and shares links to additional at home fitness resources

**Western Campus Rec Reachouts Video Series**
Sports and Recreation, Western Campus Rec, wants to support students by providing many different digital resources while away from campus. They have launched the following video series “Massage Mondays” and “Trainer Tuesdays” which are posted weekly and can be viewed on their Campus Recreation YouTube Channel

**Thrive Online**
An online blog space for Western students to share their stories and stay socially connected

**Mindfulness for Academic Success in Graduate School**
Learning Development and Success is offering a 5 week program that uses mindfulness techniques to help students manage academic stress and improve academic performance. Mindfulness is an attention training practice which can improve concentration and enhance wellbeing. Registration is required, the program runs from May 21st- June 18th and the sessions take place on Thursdays at 12pm

**Parenting, Grad School and a Pandemic**
A special Graduate Student Life Event with parenting expert Dr. Denaye Barahona on Wednesday, May 13th at 11:00am – 12:00pm

**GradTrivia**
A weekly Virtual Trivia night hosted Tuesday’s at 8pm

**ACB Grad Social Hour**
A drop in Zoom meeting for ACB grad to reconnect, hosted twice a week on Monday 3-4pm and Thursdays 10-11am. Connect Kelly Baines or Paige Eansor for details.
**GradLife Newsletter**
Produced twice a month, [click here](#) to subscribe

**Weekly GradLife Events**

**Motivational Mondays:** 10:30am-12:00pm
We'll be online to talk about our plans for the week! Join us to meet other graduate students and chat about this new experience we're living in.

**Caregiver Connection:** Tuesday: 9:00pm-10:00pm
Join other grad student parents to talk about parenting in a pandemic. We share ideas, tips and talk about how we're managing busy households with much heart and humour!

**Thriving Thursdays**, 11:00am -12:00pm
This week, we're talking about *making the move from Academia to Industry*. If you're thinking about your career plans, join us!

Email [mmunaret@uwo.ca](mailto:mmunaret@uwo.ca) for future login details.

**Financial Support**

**2020 Graduate Student Summer Term Bursary**
Western has also created a one-time, needs-based to assist graduate students who are experiencing financial hardship due to the pandemic. Graduate students whose summer term funding package is less than $6,500 may be eligible to receive support. If you are unsure of your funding package details, please contact Kim Catalano who can provide you with this information. Applications are open from **May 1st until May 15th at 4:00pm.**

**SOGS Emergency Loan Program**
The Society administers a financial service aimed at providing emergency loans of up to $1,000.

**SOGS Food Bank**
Aims to reduce the impact financial shortfalls have on a student’s ability to access healthful and nutritious food options for themselves and their families.

**Municipal Support**

**London Housing Stability Bank**
Offers interest free loans for rent and utilities to help domestic and international graduate students.

**London Meal Calendar and Food Bank list**
A monthly calendar that provides the dates and locations of free or low-cost hot meals, and also lists food banks and food depots throughout the City of London that are available to individuals and families in need.
Federal support

**Canada Emergency Response Benefit (CERB)**
CERB offers a monthly $2,000 payment for a period of up to 16 weeks for employed and self-employed Canadians who are directly affected by COVID-19.

**Canada Mortgage and Housing Corporation (CMHC)**
The Federal Government, through the CMHC, is providing increased flexibility for homeowners facing financial difficulties to defer mortgage payments on homeowner CMHC-insured mortgage loans.

**Canada Revenue Agency (CRA)**
The deadline to file taxes for individuals has been extended to June 1, 2020, however, the Canada Revenue Agency (CRA) is encouraging individuals who expect to receive the Goods and Services Tax Credit or the Canada Child Benefit not to delay the filing of their return to ensure their benefits are properly determined.

Provincial support

**Ontario Works**
Help for people in temporary financial need. This includes Emergency Assistance for those facing financial crisis due to COVID-19 as well as other emergency situations (e.g., flood, fire).

**Temporary Care Assistance**
Help for someone looking after a child in financial need and who isn't the child's birth or adoptive parent.

**Ontario Disability Support Program**
Help for people in financial need who have a disability.

**Assistance for Children with Severe Disabilities**
Help with some of the extra costs of caring for a child with a severe disability.

**Support For Families**
Funding that families can apply for if they have children who are not in school or child care because of COVID-19. One-time payments of $200/child up to the age of 12 and $250/child up to the age of 21 with special needs will be made available through the Support for Families web page. Applications can only be submitted online.

Private sector support

**Insurance companies** People who are presently working from home or laid off presently due to COVID-19, they should contact their insurance company to discuss they are not commuting presently and this could lead to a decrease in the car insurance rates.
Covid19 Information

Western Campus
SSMD Covid19 Updates
SGPS Covid19 Updates
SOGS Covid19 Updates