

ASUS WELLNESS GUIDE



The Arts and Science Undergraduate Society

2022 - 2023

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Section 1: Nutrition

Nutrition is a critical part of mental health and overall well-being! As a student it is hard to prioritize cooking healthy meals and working within a budget with so many other responsibilities. However nutrition is such an essential part of mental health and concentration and so we prepared some tips and resources to get you started!

RECIPE INSPIRATION

To get you started we have prepared some online resources to help you plan out next week's meals!

BBC Goodfood's "Healthy Student Meal Recipes"
[Healthy student meal recipes | BBC Good Food](#)

Delicious.com's "Healthy Dinner You Can Make in 30 Minutes"
[88 healthy dinners you can cook in 30 minutes \(delicious.com.au\)](#)

Good Housekeeping's "36 Easy Breakfast Ideas for Your Busiest Mornings"
[36 Easy Breakfast Ideas - Quick and Healthy Breakfast Recipes \(goodhousekeeping.com\)](#)



KINGSTON RESOURCES

Tight on a time or a budget? There are many confidential services within the Kingston region that you can look into for prepared meals and food bundles.

MEALS BY MOM

Meals by moms aid in the delivery of fresh fully cooked meals to order for students on the go who feel like a home cooked meal.



GOOD FOOD BOX KINGSTON

Good food box kingston is a service that has delivered almost 5,300 free boxes to members in our community including students which can be ordered and picked up at the AMS food bank and other locations in kingston.
[goodfoodboxkingston.com / amsfoodbank.ca](#)



MISS BAO'S STAY HOME CLUB

These meal boxes contain all of the pre-portioned supplies and house-marinated proteins that you will need to create healthy, fresh, Asian-inspired meals at home.



[Meal Box | Miss Bão \(missbao.ca\)](https://missbao.ca)

MARTHA'S TABLE

Aims to provide a caring place where individuals can have access to a nutritious meal and find community social support.

<https://marthastable.ca/>



QUEEN'S UNIVERSITY RESOURCES

Here are many resources available at Queen's for some extra hand on preparing nutritious meals as well as sourcing prepared meal kit's.

GOOD TIMES DINER

A student-run service that prepares fresh, healthy meals every Wednesday and Sunday at Chalmers United Church. You can sign up through the google form posted on their instagram page when they announce their weekly meals ([@queensgtd](https://www.instagram.com/queensgtd)).



PEER HEALTH EDUCATORS: FRESH FOOD BOXES

A few times a year online sign up is available for students to order and pick up quick that make healthy that meals making approximately four servings. (Cost = \$5 per box)

<https://www.queensu.ca/studentwellness/health-promotion/>



PEER HEALTH EDUCATORS: HEALTHY COOKING SESSIONS

30-60 minute Healthy Cooking Sessions that teach you how to make a quick, easy, and expensive healthy meal based off of their Fresh Food Box. Keep checking back for when they start this service again! (Cost = \$10)

[\(https://www.queensu.ca/studentwellness/health-promotion/\)](https://www.queensu.ca/studentwellness/health-promotion/).



PEER HEALTH EDUCATORS: MASON JAR MEALS

PHE volunteers put together Fresh Food Boxes and Mason Jar Meals for students to purchase and pick up at certain points in the year. Check out their website! (<https://www.queensu.ca/studentwellness/health-promotion/>).



AMS FOOD BANK

Provides a reliable and confidential service for the Queen's community. They run mainly on donations as well as the opt-outable student fee from both the AMS and the Society for Graduate and Professional Students. For more information visit their website: (<https://myams.org/team-details/food-centre/>).



PEACH MARKET

Student run food market is Located in the New Medical Building Monday, Wednesday and Friday from 11:00am to 2:00pm, where they serve a selection of takeaway dishes with a "pay as you can pricing model".
<https://www.queensu.ca/food/commitments/food-security/peach-market>



SWIPE IT FORWARD QUEENS (SIFQ)

Initiative created to help address food insecurity on campus and provide short term, immediate support to support students indeed.
<https://www.queensu.ca/food/swipe-it-forward-queens>



QUEEN'S CAMPUS MARKET

An online service where students or their loved ones can order care packages, groceries and flex \$. It is run by the Queen's Hospitality service and groceries can be delivered within a 4 km radius from campus for 2\$.
<https://www.queensu.ca/residences/families-supports/campus-market>



PEER HEALTH PROMOTION: SETTING GOALS

In Health Promotion, we offer Professional Wellness Coaching – 1-on-1 appointments for students who want help setting goals around food, eating and/or nutrition.
<https://www.queensu.ca/studentwellness/appointments#health-promo-appointments>

SECTION 2: PHYSICAL ACTIVITY

Physical health and exercise is a large part of staying healthy at every age and plays a large part in our concentration and mental health. Luckily there are a lot of fun resources and clubs on campus and in Kingston to have fun exercising! You can find more information on many of these clubs at https://rec.gogaelsgo.com/sports/2013/7/31/Clubs_0731135902.aspx.

QUEEN'S RESOURCES

PEER WELLNESS COACHING

Students are able to book a free 1-on-1 appointment with a trained Peer Wellness Coach (PWC). Working with a coach will enable you to set specific goals for physical activity which are guided by the Canadian 24-hour Movement Guidelines. By utilizing Peer Wellness Coaches, you will move more, sit less and/or sleep better!



ARC GROUP FITNESS CLASSES

In addition to access to the gym, the Athletic and Recreation Centre offers a series of online and in-person fitness classes allowing you to stay active and meet some new people! Check out their website for classes available for the semester!



ARC RECREATIONAL CLUBS

In addition to access to the gym, the Athletic and Recreation Centre offers a series of online and in-person fitness classes allowing you to stay active and meet some new people!

<https://rec.gogaelsgo.com/news/2019/9/3/join-a-recreational-clubs-at-the-arc.aspx>

SWS RUN CLUB	Run by the Peer Health Educators at SWS that has beginner / intermediate running groups during the fall and or winter semester.
ARCHERY CLUB	Caters to all individuals with an interest in archery.
BADMINTON CLUB	Large recreational club and is inclusive to all levels!

BRAZILIAN JIU JITSU CLUB	Introduces people to the Jiu Jitsu style of martial arts.
CLIMBING CLUB	This club welcomes all levels (beginner to advanced climbers). Members will learn how to climb a variety of terrains.
EQUESTRIAN CLUB	Welcomes all levels and offers many riding opportunities on their website.
ESPORTS CLUB	This club allows for individuals to explore their interests in esports!
FIGURE SKATING CLUB	The Recreational Figure Skating club provides figure skaters ice time.
JIU JITSU CLUB	This club provides students a safe environment for individuals to learn Shorinji-kan Jiu Jitsu.
KARATE CLUB	The Karate Club caters to those interested in karate.
OUTDOORS CLUB	The outdoors club is a very large club that has a focus on fun outdoor activities! Camping trips, hiking, skiing and more.
QUEENS POWERLIFTING CLUB	The Queen's Powerlifting club is an inclusive environment that focuses on the education of powerlifting.
QUEEN'S POM	The Queen's Pom Team is a competitive dance team at Queen's University that performs at a variety of events!
RINGETTE CLUB	If you are interested in ringette check out this club!
THE RECREATIONAL TENNIS CLUB	The Queen's Recreational Tennis Club is open to all levels and provides students with an opportunity to stay active with tennis!
TAEKWONDO CLUB	The Tae Kwon Do Club allows members to learn at their own pace.
QUEENS WOMEN'S FOOTBALL CLUB	All experience levels are welcome at the Queens Women's Football club!
QUEENS DANCE CLUB	Largest student-run recreational club in Canada open to dancers of all backgrounds and abilities offering between 20 to 30 dance classes with a variety of styles and levels.

KINGSTON RESOURCES

Are you interested in joining a gym or specialized recreation center within the Kingston community? There are so many fun resources to look into as well as ASUS Financial Assistance to try them out <https://www.queensasus.com/financialassistance>.

IN PERSON: SHINE WORKOUTS

Transform your confidence with shine workouts - an on demand, in person and hybrid workout program with locations in Kingston and Toronto. See their website for class information and sign up!



SPIN-CO KINGSTON

Spinco is a community of riders that empower each other every day with a positive, never-quit attitude.



IMMERSE WELLNESS KINGSTON

Immerse Fitness has a variety of therapies such as float and massage therapy. Along with this, they offer hot yoga and other group classes!



BOILER ROOM CLIMBING CLUB

If you love rock climbing then this place might interest you! They have options for beginners and higher level climbers!



HEALTH AND FOCUS (Sports Injury and Rehab)

Health and Focus can help individuals recover from an injury as they offer massage therapy, athletic therapy and physiotherapy. On top of this, they also offer yoga classes!



F45 TRAINING ROOM KINGSTON DOWNTOWN



Welcome to the world's fastest growing functional training community.

KINGSTON GETS ACTIVE

Kingston Gets Active is a community that helps you get active every day! Find a new activity using their Active Places tool. Possibilities for every age and ability.



VIRTUAL RESOURCES

If you are more interested in private and virtual workout tutorials and lessons? These these a few of many apps to add workouts.

APP: NIKE TRAINING CLUB

An app that can help you reach your fitness goals with access to over 200+ free workouts and targeted training programs that you can do wherever and whenever you want.



APP: STRONG

This app helps you record your workouts and also comes with some workouts that you can utilize.



DAILY YOGA

This app has a variety of different yoga classes at varying levels of difficulty. Fun workout classes with locations in both Toronto and Kingston to inspire confidence with its strong community driven workouts.



Section 3: Mental Health & Wellbeing Resources

At Queen's University and in the Kingston Community there are many different resources to help you on your own individual mental health journey. University is an exciting time but it is a new experience that can provide its own stresses. Please know that there are many resources and counseling services to help you.

VIRTUAL & MOBILE RESOURCES

Here are some free and confidential services to check out:

WELLNESS TOGETHER CANADA

Created in response to a rise in mental health and substance use concerns since the COVID-19 pandemic. It is designed to be used on demand. You get to choose what you need, when you need it, with services ranging from basic wellness information, to one-on-one sessions with a counselor, to community support.

<https://www.wellnesstogether.ca/en-CA>



CONSOLE

Console, is a platform that lets you choose the level of mental health care that is best for you at any time. Services include 24/7/365 crisis support, one-on-one counseling, peer support, mental health literacy training, resiliency training, self-directed therapy, and more.

<https://studentcare.ca/rte/en/QueensUniversityAMS Console Console>



GOOD2TALK

A toll-free post secondary student mental health helpline created as a part of the Ministry of Training, Colleges and Universities (MTCU) Mental Health Innovation Fund 24/7.

(**Call:** 1-866-925-5454, **Text:** GOOD2TALKON to 686868).



THERAPY ASSISTANCE ONLINE (TAO)

To get started and be connected to a trained crisis responder who is there to listen and to support through immediate issues you are facing www.taoconnect.org



KINGSTON RESOURCES

The City of Kingston provides many confidential and anonymous services for Mental Health and Wellbeing that are easily accessed through the information provided:

TELEPHONE AID LINE KINGSTON (TALK)

Talk is a confidential, anonymous, and non-judgmental volunteer-based support service. This service provides an empowering and safe environment through the provision of a listening phone service as well as community outreach and education from 6pm to 2pm. (Call: 613-544-1771).



KINGSTON ADDICTION & MENTAL HEALTH SERVICES (AMHS-KFLA)

AMHS-KFLA is a non-profit organization with a mission to provide high quality, community based addiction and mental health services to empower the people it serves to reach their full potential (<http://amhs-kfla.ca/>).



CAMPUS RESOURCES

STUDENT WELLNESS SERVICES (SWS)

SWS supports the personal academic and social health and development of students at Queen's University by providing a range of programs and services. SWS aims to offer integrated services



Student Wellness Services

responsive to students' health and wellness needs. (Call: <http://www.queensu.ca/studentwellness/>).

AMS PEER SUPPORT

A drop in service providing all undergraduate students with confidential, non-judgemental and empathetic based peer support. To get more information contact (Website: <http://amspeersupport.com>).

HOUSING & COMMUNITY SUPPORT SERVICES

Finding housing and learning to live with new people can be a common stressor for many individuals. Here are some resources to check out to find housing support:

QUEEN'S UNIVERSITY OFF CAMPUS LIVING ADVISOR

Available to provide confidential guidance on evaluating off-campus housing, tenant rights and responsibilities, and resources for moving in/out <https://www.queensu.ca/ocla/>.

QUEEN'S UNIVERSITY COMMUNITY HOUSING

Manages student rental properties owned by Queen's University including Clachan and John Orr Tower as well as a variety of houses in the University District. Also operates an Listing Service where landlords can post listings for student rental units, as well as a Landlord Contract Program for landlords to undergo an annual property inspection to ensure the property meets municipal property standards <https://community.housing.queensu.ca/>.

STUDENT COMMUNITY RELATIONS

This resource helps students living off-campus. The student community relations office strives to foster positive neighborhood relations and good citizenship among Queen's students living in the Kingston Community <https://www.queensu.ca/studentcommunityrelations/>

QUEEN'S OFFICE OF SUPPORT SERVICES & COMMUNITY ENGAGEMENT (SSCE)

SSCE is a part of the Office of the Vice-Provost and Dean of Student Affairs. We are a team of professionals with a range of experience. We assist students in navigating resources and support on campus. We work with stakeholders across campus to support holistic student success <https://www.queensu.ca>



GET INVOLVED! MENTAL HEALTH CLUBS ON CAMPUS

Mental health is unique to everybody. Therefore it is very important to find resources that work for YOU! In order to do this, we suggest doing some research about the different resources and clubs that are available. Eventually, you may find a resource that aligns most with your beliefs and goals.

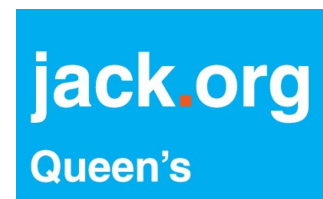
BLOOM

Student run club that focuses on mental health advocacy and education. Bloom provides mental health outreach through recreational workshops in the Kingston community (IG: [@queensbloom](#))



JACK.ORG QUEEN'S CHAPTER

Jack.org is a national nonprofit organization focused on youth mental health advocacy. The chapter at Queen's is the largest in the country, and it provides many opportunities on campus to learn more about how to support your mental health (IG: [@jack.orgqueenschapter](#))



PROJECT HAPPINESS QUEEN'S

Project happiness aims to impact the Kingston community through two main outlets: a science based curriculum and happiness campaigns to learn more check out (IG: [@projecthappinessqueens](#))



RAISE THE BAR QUEEN'S

A multio-dimesional health outreach initiative aimed at celebrating all aspects of health including mental health (IG: [@raisethebarqueens](#))



STEP ABOVE STIGMA QUEEN'S

This is a growing team of young volunteers who strive to educate and advocate for mental health awareness and accessibility (IG: [@qu.stepabovestigma](#))



THE MENTAL HEALTH AWARENESS COMMITTEE

Dedicated to raising awareness about mental illness and reducing the stigma that has become ingrained in the discussion of mental health, primarily through contact-based education
(IG: @queensmhac)



OTHER TIPS AND TRICKS

SLEEP: very important for your mood, concentration, problem solving abilities, and physical health. It is best to stick to a consistent sleep schedule to obtain at least 7 hours of sleep per night. Create a restful environment, limit daytime naps, and manage worries before bed. A helpful tip can be to write down your thoughts and plans for the next day before going to bed.

DEEP BREATHING: is a great technique to ease stress and anxiety - this is a great practice to implement into your daily plan.

CONNECTING WITH FRIENDS: is an important aspect of maintaining a healthy lifestyle. By avoiding loneliness and unpleasant feelings, socializing with real people that you love being around can help you feel better. You can engage in a fun activity, such as solving a puzzle or playing a board game, or simply catch up and talk.

BEING ACTIVE: has an influence on both your body and mind. Maintaining an active lifestyle, whether it's through sports, long walks, yoga, going to the gym, or jogging, can help you reduce stress and anxiety while also improving your self-esteem. It is not simple for everyone to be active and exercise. If you're having trouble motivating yourself, consider running with a friend or taking a long stroll while listening to your favorite music or podcasts.

EATING: Eating a nutritious, well-balanced diet rich in fats, fibre, and nutrients can help you manage your stress and anxiety, enhance your sleep, improve your memory, and make you feel better overall.

CONNECT WITH HELP: Getting assistance when you need it is the right and healthy thing to do. We have included several professional resources.

Section 4: Sexual Health Resources

There are a variety of confidential and educational resources on campus and within the Kingston region here for you. There are multiple sites that provide medical services listed as follows. As well as confidential and informative resources for sexual violence assault.

SEXUAL HEALTH MEDICAL APPOINTMENTS

STUDENT WELLNESS SERVICES

Supports the personal, academic, and social health development of students at Queen' university by providing a range of programs and services. SWS aims to offer a welcoming, confidential, and integrated service that is responsive to health and wellness needs.

To Book at Appointment Call:

PHONE: (613) 533-2506

Please visit <https://www.queensu.ca/studentwellness> for hours of operation.

SERVICES OFFERED

- BIRTH CONTROL (IUD INSERTION)
- TESTING & TREATMENT FOR SEXUALLY TRANSMITTED INFECTIONS (STI'S)
- PREP (PRE-EXPOSURE PROPHYLAXIS)
- GENDER-AFFIRMING MEDICAL CARE
- PRENATAL CARE FROM A FAMILY DOCTOR UNTIL THE PATIENT NEEDS TO SEE AN OBGYN
- TERMINATION OF PREGNANCY: THE CLINIC MAY REFER PATIENTS TO THE LAKESIDE CLINIC IF ABORTION IS WANTED

VIRTUAL HEALTH CARE

Students covered by the AMS Health Plan have access to virtual care through mobile or web apps. Please note that students' dependents do not have access to the service. This can provide health services to prescription renewals as well as services that can be handled by telemedicine.



Create an Account Online: www.studentcare.ca/dialogue

PEGaSUS SUPPORT GROUP (STUDENT WELLNESS SERVICES)

Professionally-led support group for survivors of sexual violence. These groups run once a term during the fall, winter, and spring/summer.

Email: pegasus.group@queensu.ca

More information: <https://www.queensu.ca/studentwellness/groups-events-trainings>

ON CAMPUS CLUBS AND RESOURCES

SEXUAL HEALTH RESOURCES CENTRE

Confidential, non-judgmental, sex positive, pro-choice, queer positive, non-heterosexist and feminist information and referral service for questions regarding sex, sexuality and sexual health. Offer the sale of at-cost safer sex products and toys. <https://shrckingston.org/>



Sexual Health
Resource Centre

EDUCATION ON QUEER ISSUES PROJECT

EQuIP strives to create a fun, welcoming, and educational community for queer and queer-positive individuals while advocating for human rights and raising awareness about queer-related issues.



LEVANA GENDER ADVOCACY CENTRE

Student-funded Queen's University organization committed to creating and nurturing a radical community of Kingston students and residents. Devoted to fighting gender oppression and advocating for broad ideas of gender empowerment for those of any or no gender.



SEXUAL VIOLENCE PREVENTION AND RESPONSE

If a student experiences sexual violence and chooses to report it, they can fill out a [non-academic misconduct incident report form](#) and submit it to the Sexual Violence Prevention and Response Coordinator. Queen's University community members who submit a complaint to the non-academic misconduct system may also choose to pursue legal action outside the University and that is their right.



SEXUAL VIOLENCE PREVENTION AND RESPONSE SERVICES (SVPRS):

Any student who has experienced sexual violence during or prior to their time at Queen's can reach out to Barb Lotan, Sexual Violence Prevention and Response Coordinator. Barb offers completely confidential and non-judgmental support services and can help with:

- Immediate academic accommodations and considerations

- Reporting options - there is never any pressure to report and talking with Barb does not automatically trigger any investigative response
- Referrals to support services
- Safety planning

Contact: Barb Lotan (email: bjl7@queensu.ca)

All you need to say in the email is that you want to talk and you can set up an in person or virtual meeting.

SVPRS also has a monthly newsletter. Subscribe for survivor focused self-care reminders, resources, and updates about events and opportunities. Subscribe [here](#).

VESTA

From your computer or phone, VESTA allows you to:

- **Record your experience.** Following a trauma-informed format, you can document your experience at your own pace and in your own words.
- **Access On-Campus Support.** Disclose online to the SVPRS. Get information about options and on-campus services. If you choose to, you can file a complaint to Queen's University.
- **Access Off-Campus Support.** Connect with the local Sexual Assault Centre and access free, confidential, non-judgmental support regardless of gender or identity.
- **Anonymously submit.** Submit information without providing your name. No investigation will be launched.
- **Report to the Kingston Police.** If you choose to, you can provide your name and contact details. The police will contact you to discuss options and next steps.

Begin here: <https://www.queensu.ca/sexualviolencesupport/vesta-campus>

For more detailed information on the reporting process, please visit the ASUS Website under "For Students" and "Sexual Violence and Prevention".

SEXUAL ASSAULT CENTRE KINGSTON

SACK Provides support, services, and programs to women and all trans and gender non-conforming individuals (14 years of age and older) who have experienced recent and/or historical violence. They offer counseling, legal accompaniments, and specific programming and counseling for Indigenous and BIPOC communities.



24 HR Crisis and Support Line: 1-877-544-6424

SECTION 5: EQUITY RESOURCES

If you are looking to get involved on campus; whether it is supporting an equity based initiative, further connecting your spiritual wellness, or supporting your community there are many different resources, initiatives and projects to get involved with.

ON CAMPUS RESOURCES

FOUR DIRECTIONS INDIGENOUS STUDENT CENTRE

Seeks to enhance the development of the Queen's Indigenous community and to provide a space for non-indigenous students to discover and discuss Indigenous traditions. There is also online cultural counseling and support of Indigenous identifying students.

4direct@queensu.ca

<https://www.queensu.ca/fourdirections/>

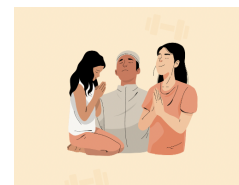


FAITH AND SPIRITUAL LIFE

The Queen's chaplain offers multi-faith, non-judgmental support for religious, spiritual, personal, and financial problems, concerns or crises. Chaplains can also provide support, ceremonial services, interfaith community development and spiritual support for students, faculty and staff.

chaplin@queensu.ca

<https://www.queensu.ca/faith-and-spiritual-life/>



QUEEN'S UNIVERSITY YELLOW HOUSE

A resource center for QTBIPOC students/ queers and or/ racialized individuals. This is a space to feel comfortable to access student resources tailored to their needs.

[IG:queensuyellowhouse](https://www.instagram.com/queensuyellowhouse)

<https://www.queensu.ca/yellow-house/>



KINGSTON AND ONTARIO RESOURCES

MÉTIS NATION OF ONTARIO MENTAL HEALTH PROGRAM

Community-based program specifically designed to create opportunities for Métis and other indigenous people in Ontario to co-create coping mechanisms in a non-expert setting. Location: 629 Division Street, Unit 2



www.metisnation.org

NOSTIGMAS

We are a safe space for mental health advocates, survivors, loved ones, friends, and Allies to gather and connect through honest conversations grounded in lived experience specifically to support the BIPOC community.



<https://www.nostigmas.org/>

DECOLONIZING THERAPY

Aims to decolonize therapy and join the global movement that is reimagining how the world understands therapy and mental health. That insists on a world where liberation, joy, and healing are available to all.



<https://www.decolonizingtherapy.com/>

CLUBS TO JOIN ON CAMPUS

Are you interested in joining a club that involves making a difference in advocating for equity and inclusion. Please check out some of the resources below!

QUEEN'S NATIVE ASSOCIATION (IG: qnsaclub)

QNSA seeks to promote increased cultural understanding on campus and hopes for solidarity and cooperation towards achieving a campus-wide mutual respect.



QUEEN'S PASSING ON POSITIVITY (IG: queensupop)

Club dedicated to passing on positivity and improving student mental health in the Queen's community.



QUEERSPACE (IG: queerspace_asus)

Creating a positive space for theLGBTQ2IA+ Community and a non-judgemental learning environment!



STUDENTS OF COLOUR INITIATIVE (IG: queens_socc)

Aims to serve as a safe space for racialized students on campus through collaborative initiatives focusing on amplifying the voices of marginalized students and the experiences, struggles and barriers they face daily.



WOMEN'S HEALTH ADVOCACY (IG: queenswha)

Queen's University students who aim to raise awareness and break the stigma surrounding health issues faced by individuals who identify as women.



QUEEN'S BLACK ALUMNI CHAPTER (IG: qbachapter)

A program connecting Black alumni and students through events and information. Check out instagram for more information!



QUEEN'S BLACK ACADEMIC SOCIETY (IG: queensblackacademic)

Seeking to foster a community amongst self identified people of colour. Our mission is to advance black academics through a focus on education, equity and issues pertinent to the black community.



QUEEN'S DISABILITY AND NEURODIVERSITY ALLIANCE (IG: dnaqueens)

Student-led initiative that advocates for disability and neurodivergent identifying students.



ASUS GRANTS AVAILABLE

Are you looking to make a difference for your peers on campus? There are a variety of grants you can apply for to help make a difference with equity and accessibility work.

EQUITY GRANT

Remove financial barriers and support students' equity related initiatives and advocacy work.

<https://www.queensasus.com/equity-grants>

ACCESSIBILITY GRANT

Exists to remove financial barriers and support students with disabilities and/or students contributing to accessibility advocacy work.

<https://www.queensasus.com/equity-grants>

FINANCIAL ASSISTANCE

Exists to remove financial barriers which may impede on students' ability to participate in our learning opportunities, traditions, events, initiatives, and more. The Financial Assistance Fund provides financial bursaries to undergraduate Arts and Science Students that are seeking to positively impact their own university experience and in accordance with ASUS' mission statement.

<https://www.queensasus.com/financialassistance>



Created by your 2022 / 2023 ASUS Wellness Team.

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Special thanks to Beth Blackett, Kerry Roe and Emma Farrell.

