

Health, Wellness & Accessibility Services

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What we offer...

Free and confidential services to all NC students

Services are offered by appointment

Hours of Operation: Monday to Friday 8:30 AM – 4:30 PM

W102 - DJP; AH 125- Welland

First Steps

- Contact your high school to obtain a copy of any documentation used to support IEP.
 - Psycho-educational or psychological assessment
 - Medical notes
- Contact HWAS at hwas@niagaracollege.ca to schedule an appointment (student-initiated).
 - Phone number: 905-735-2211 ext. 7778 (WC) or 4409 (DJP)
- Complete all intake forms prior to the appointment.
- Bring all documentation to your appointment.

**We encourage students to book an appointment during the summer months.
We are around all summer!**

Once you have contacted HWAS and completed your forms you can book a meeting with an Accessibility consultant:

- Meets with students 1:1
- Reviews Documentation to determine if eligible for LOA
- Develops an Accommodation Plan (LOA)
- Makes Referrals
- Promotes Self-Advocacy
- Ongoing accessibility support

Letters of Accommodation:

- Academic accommodations may include, but are not limited to:
- Additional time for tests and exams
- Extensions on assignments
- Access to Assistive Technology
- Permission to record lectures
- Short breaks during class time

Differences with Accommodations

HIGH SCHOOL

- IEP
- Identified by school team
- Parents involved in decisions
- IEP implemented by teacher
- Diagnosis and tests results shared

POST-SECONDARY

- LOA
- Must self-identify
- Student makes decisions
- LOA is initiated by student
- Reasons for accommodations are confidential

Documentation

- Students require medical documentation regarding their functional limitations:
- Psychoeducational Assessment
- Psychological Assessment
- Medical Practitioner's Documentation
- Disability Verification Form
- Functional Limitation Assessment Form (provided by AC if necessary)
- IEP (if above documentation is not available)

Funding Sources

OSAP: Apply

- With valid **Disability Verification Form** your student has access to grants
- Access to possible bursaries in the future
- If a Learning Disability, consult with your student's AC first



Bursaries and Scholarships

- You can find a range of bursary and scholarships for students here
- <https://www.niagaracollege.ca/enrolmentservices/financialaid/scholarships/domestic/>
- September start applications will be posted mid July and close early October

We May refer you to our other services

- Counselling
- Health Services
- Learning Strategist
- Adaptive Technology Specialist
- Workshops

Referrals:

Learning Strategies

- One on one and group support in strategies for learning and skill building:
 - Time management
 - Reading
 - Studying
 - Organizational skills

Adaptive Technology Specialist

- One on one training and support with troubleshooting of assistive technology
 - Text to speech
 - Speech to text
 - Computerized note taking
 - Electronic text books

Health Services

DJP Campus (NOTL): W102 Welland Campus: AH125

Hours: Monday to Friday 8:30 AM – 4:30 PM

- Registered nurses and physicians at both campuses.
- Physician's Clinics: In-person and virtual
- By appointment only
- Reasons to visit Health Services:
 - Episodic illness care (e.g. sore throat, cold/flu, infections, minor injuries)
 - Sexual health care (e.g. contraceptive counselling, STI testing/treatment)
 - Mental health care
 - CDS clearances, immunizations, TB testing
 - Health resources (e.g. smoking cessation)
 - Referrals
- Health Insurance:
 - International Students: www.guard.me/niagaracollege
 - Domestic Students: <https://www.yourncsac.ca/yourhealthplan>



Figure 2: Stethoscope image

Counselling Services

Full team of mental health counsellors is available remotely or in person by appointment.

- Triage Coordinators gather information during the initial appointment and pair you with a counsellor, if needed.
- Counselling is confidential and free.
- Reasons to visit counselling:
 - Stress management
 - Trauma
 - Sexual and gender issues
 - Relationship difficulties
 - Transition to college, living away from home
 - Personal issues

Online Mental Health Support

Health, Wellness & Accessibility Services is not a crisis service. If this is a crisis, please contact the appropriate resources listed below:

- For emergencies, please contact 911.
- If you require assistance on campus, please contact security at ext. 6999.
- Crisis Outreach And Support Team (COAST) helps people in Niagara who are in crisis and have a mental health concern: 1-866-550-5205

Good2Talk (<https://good2talk.ca/>) is a free, province-wide service available 24 hours a day, 365 days a year with phone or text support:

- Phone 1-866-925-5454
- Text GOOD2TALKON to 686868

Suicide Crisis Helpline (24 hours a day, 365 days a year) call or text 9-8-8 [Get Help | 9-8-8: Suicide Crisis Helpline \(988.ca\)](#)

For **International Students**, the keep.meSAFE Student Support Program can be accessed anywhere in the world, anytime, day or night, by: Downloading the My SSP App (TELUS Health Student Support app) from either the Apple App Store or Google Play, or by calling 1-844-451-9700 for students in Canada and the U.S. or 1-416-380-6578 for students studying abroad. To speak with an advisor online or browse resources follow this link <https://myssp.app/keepmesafe/ca/home>.

Academic Supports

Peer Tutoring	Academic Drop-in Sessions	Test Centre
• Course-specific tutoring by students who have completed courses • Available 1 hour per day, 5 days per week • 1:1 virtual or in-person support	• Experienced professionals in Math, English, or Science subjects • Available 8:30-4:30, virtual or in-person available from Monday to Friday • 1:1 instruction within a group setting	• Student Initiated • Distraction reduced environment for assessments • Equipped with computer assistive technology • Ergonomic and enlargement devices available

Want to learn more about a specific program?

- **Contact an Academic Advisor**

Academic Advisors help students with academic support, information about changing programs, withdrawing, individualized academic plans, pathway options and more.

<https://www.niagaracollege.ca/advising/find/>

Workshops

- **Get Set for Success (GSS)**
 - Two-day summer transition program to help familiarize students with the college and staff while building new relationships and skills.
- **Thrive at NC** (5-week course)
 - Group sessions to enhance resilience, self-compassion, motivation, and academic skills
- **Koru** (4-week course)
 - Mindfulness course to help students live with less stress and manage life more effectively

Please check our website for additional information regarding our workshops.

- **Link:** <https://www.niagaracollege.ca/hwas/workshops/>

Finding your way around campus

App Features

Live Updates for Lines, Labs and Transit NC Login Required

Access live campus-specific information including wait times at coffee/cafeteria lines, empty spots at Open Access Computer Labs, arriving and departing transit busses.

NEW Wayfinding No Login Required

While on-campus, access live wayfinding – pinpoint your location and get step-by-step instructions to points throughout the campus including specific rooms, food, washrooms, stairs, customer service, entrance and exits, and more.

Visit website for how to download the app:

<https://www.niagaracollege.ca/app/#>

Helpful Resources

Residence

<https://niagararesidence.ca/>

Campus Bookstore

<https://www.niagaracollege.ca/studentlife/bookstores/>

Campus Safety

<https://www.niagaracollege.ca/studentlife/safety/>

ID Cards

<https://www.niagaracollege.ca/idcards/>

Lockers

<https://www.niagaracollege.ca/studentlife/lockers/>

Parking and Transit

<https://www.niagaracollege.ca/studentlife/parking/>

Food and Dining

<https://www.niagaracollege.ca/studentlife/food/>

How to get involved at NC

Student Engagement

Enrich your learning at Niagara College through engagement and leadership.

Attend events and workshops, volunteer or build your leadership skills...and receive an official Co-Curricular Record when you graduate! Getting involved will give you a holistic student experience that can help you grow as an individual and build friendships with other students just like you. Find your sense of community on campus, build your own skill set and make connections through volunteering and engagement opportunities!

<https://www.niagaracollege.ca/engagement/>

NCSAC

Want to get involved more on campus? Looking for something to do outside of class? Want to meet some awesome people who think the same way as you? Below is a list of clubs for both campuses that you can join TODAY!

We encourage you to join clubs at either campus, you can find the club's home base included in the list below.

Clubs are listed in alphabetical order.

<https://www.yourncsac.ca/joinaclub>

Get Set For Success!

nc Health, Wellness &
Accessibility Services



This is a 2 day program designed for incoming students with disabilities, running prior to the start of the term to help students get comfortable with their transition to college.

It will include time to get to know your support team, meet peers, and to build

GET SET FOR SUCCESS



REGISTER HERE!

To register or find out more:
hwas@niagaracollege.ca or
905-735-2211 ext. 7778
niagaracollege.ca/hwas/workshops

ATTENDANCE TO BOTH DAYS IS
STRONGLY ENCOURAGED

Day 1: VIRTUAL
Monday, August 26

Day 2: IN PERSON
Tuesday, August 27

Cost: \$25

Website and Social Media



www.niagaracollege.ca/hwas



@wellnessNC

Thank You!

Please do not hesitate to contact us should you have any questions.

hwas@niagaracollege.ca