

Graduate Students' Association Handbook 2023-2024

Land Acknowledgement

Aboriginal Education Council Land Acknowledgement

Brock University acknowledges the land on which we gather is the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today.

This territory is covered by the Upper Canada Treaties and is within the land protected by the Dish with One Spoon Wampum Agreement.

Today this gathering place is home to many First Nations, Métis and Inuit peoples and acknowledging reminds us that our great standard of living is directly related to the resources and friendship of Indigenous people.

Graduate Students' Association Personalization

The Brock University Graduate Students' Association (Graduate Students' Association) wishes to recognize the collaborative and thoughtful work of the Aboriginal Education Council in developing the above Land Acknowledgement, which was the cumulation of 10 years of discussions. We also wish to emphasize that the "dish" in the Wampum agreement represents the land that is to be shared peacefully; the "spoon" represents the individuals living on and using the resources of the land. This agreement is one that celebrates the spirit of reciprocity, and we recognize that such an agreement creates space for the awareness of ecological and environmental sustainability, along with the responsibility to ensure that the dish is never emptied as we take care of the land and all the living beings on it.

The Graduate Students' Association further recognizes that acknowledging Indigenous peoples and their lands can serve to remind us at Brock University that our great standard of living is directly related to the colonial legacy which has significantly impacted Indigenous peoples. It is important to understand the longstanding history that has brought us to reside on these lands and that we must seek understanding of our place within this history.

The Graduate Students' Association understands that colonialism is an ongoing affair, and we must build upon our awareness of our present participation within it, as well as find meaningful ways to support contemporary shifts towards decolonization, such as abolishing the Indian Act, enacting the recommendations from the Truth and Reconciliation Commission, and supporting the development of basic infrastructure in Indigenous communities. Thus, the Graduate Students' Association acknowledges and respects the long history and cultural traditions of the First Nations, Métis, and Inuit peoples, and we are committed to maintaining and building relationships based on the principles of solidarity, respect, reciprocity, and collaboration in the spirit of indigenization at Brock University.

Finally, the Graduate Students' Association wishes to emphasize that land acknowledgements do not exist in a past tense nor historical contexts, as it was mentioned that the acknowledgement above was the product of a decade of collaboration and cooperation between Indigenous education communities in the Golden Horseshoe. As researchers on these lands, we encourage our membership to take daily action through learning and spreading awareness of contemporary moves towards decolonization, which ask us to stand as allies to the original stewards of the land and to support, empower, and amplify the voices of Indigenous communities in their ongoing struggle against colonial systems of oppression.

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Message from the Graduate Students' Association (GSA) President

Dear New Graduate Students,

On behalf of the Brock Graduate Students' Association, it is my privilege to extend a warm and heartfelt welcome to all our new members. Congratulations on embarking on this remarkable journey of higher education.

As you step into this dynamic realm of knowledge and innovation, you become part of a vibrant community dedicated to excellence, collaboration, and growth. Your presence enriches our diverse tapestry of cultures, ideas, and aspirations. The path ahead may be challenging but remember that every challenge is an opportunity in disguise, leading to personal and professional advancement.

Our association is here to support you at every turn. From events to involvement opportunities, we aim to create an environment where you can thrive and achieve your goals. As your President, I encourage you to explore, question, and create. Your contributions will shape the future and make a lasting impact. Together, let's make this chapter of your academic journey memorable and transformative.

Welcome to our community!

Warm regards, Rakha Zabin

I encourage you to check out our website and follow us on social media for the most up-to-date event listings, announcements, and more information about the GSA:

Website: brockgsa.ca

Facebook: <u>Brock University Graduate Students' Association</u>

Instagram: @BrockGSA
Threads: @BrockGSA

LinkedIn: Brock GSA - Graduate Students' Association

About the GSA

The GSA is a student organization that represents the interests of all graduate students at Brock University (approximately 2000 students) and acts as the independent voice of graduate students on campus. The GSA is recognized by Brock University as the official representative of Brock graduate students. This non-profit, non-share Capital Corporation, formed in 2001, is administered by an Executive team and Board of Directors, with assistance provided by a Program Assembly.

Upon registration, all graduate students at Brock automatically become members of the GSA by virtue of a fee paid with tuition. These proceeds help to support the GSA administration, as well as the services and events offered by the GSA throughout the year.

The GSA, led by its guiding documents consisting of Bylaws, Policies and Strategic Plan, espouses to a future for graduate students at Brock where our Association plays leading and supporting roles in creating spaces for our membership, for current and future considerations. We believe in a sustainable

focus that ensures that graduate students continue to discover their own success now and in years to come.

GSA Office

The GSA offices are located in the Mackenzie Chown Complex, "C" Block (C301/302), with staff available by phone, email or in-person Monday to Friday from 8:30 a.m. to 4 p.m. Closed daily from 12-12:30 p.m. During the summer term, in-person office hours are 8:30 a.m. to 3:00 p.m. Students are encouraged to email the office at office@brockgsa.ca outside these posted hours.

Students wishing to meet with a member of the Executive team can do so by appointment.

To reach a member of our staff, students can contact:

Executive Director (Mary C. Tibollo) @ execdirector@brockgsa.ca

• GSA Governance, Management or Financial matters

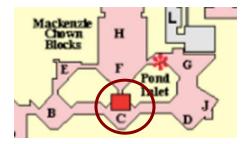
Office and Health Plan Administrator (Jennifer Meuser)

- Health & Dental Plan @ health@brockgsa.ca
- General Inquiries, website, GSA Services (UPass, FoodFirst) @ office@brockgsa.ca

Marketing & Events Coordinator (Jenna Kemp) @creative@brockgsa.ca

• GSA Gazette, Events & Activities, website matters

Brock University Graduate Students' Association 1812 Sir Isaac Brock Way, MC-C302 St. Catharines, ON L2S 3A1 | **905.688.5550** ext. **4094**



Executive Committee

The GSA is served by graduate student Executives who are elected by their student peers each March and serve the following year (May to April).

The Executive Committee is a standing committee of the Board of Directors and is responsible for assisting the Board of Directors in fulfilling its oversight responsibilities in relation to overall management and direction of the GSA, as well as providing goal setting, general support and guidance.

The 2023-2024 Executive Officers are:

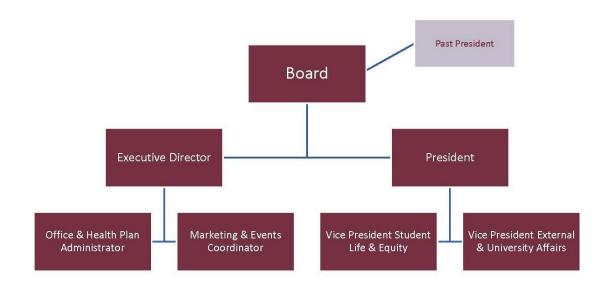
Rakha Zabin – GSA President & Interim Vice President, Student Engagement president@brockgsa.ca

Larissa Lobo – Vice President, External Affairs external@brockgsa.ca

Samrath Singh - Vice President, Equity, and Inclusion equity@brockgsa.ca

Allayna Barrett - Vice-President, Communications and Advancement communications@brockgsa.ca

The 2023-2024 Organizational Chart:



Board of Directors

The Board of Directors consists of two representatives from each of the 12 graduate Faculties, and four graduate students-at-large, with recruitment for representatives undertaken in March/April each year, with the term of office running from May 1 to April 30 of the following year. Recruitment may be undertaken throughout each term on an as-needed basis to fill any vacancies as they arise.

The Board is involved in making decisions that define the vision and mission of the GSA, its strategic objectives, priority populations, the organizational values, the strategic priorities, and the future course for GSA. It establishes the legal, ethical, and financial boundaries within which the Executive and Staff must operate to achieve the mission and strategic goals.

GSA Student Services

The GSA offers many valuable services to its members ranging from social events and grad-only spaces around campus, to a health and dental insurance plan, bus pass (U-Pass) and food support program (Food First). We work in collaboration and conjunction with Brock University services, faculties and departments and other organizations, such as our undergraduate counterpart BUSU (Brock University Students' Union), to offer workshops, events, activities, and services that benefit all graduate students.

GSA Socials, Events and Workshops

The GSA organizes a variety of social events and activities, as well as workshops, throughout the year to give you an opportunity to get out and mix with fellow graduate students. A little relaxation and a new perspective can often help ease the tension and pressure of graduate school. While the event offerings from the GSA may vary from year-to-year, some of the more popular events each year are Orientation week, Wellness week, Cultural Integration week, as well as dog therapy visits.

The GSA hosts independently and/or in collaboration with other Brock Faculties or Departments, several academic, personal, and social development workshops, and events throughout the academic year.

The GSA continually evaluates these offerings to ensure that the best opportunities are offered for all graduate students.



Near the end of each academic year, the GSA hosts an Annual Awards Gala to celebrate Brock graduate students and their achievements. This evening of elegance is filled with dinner, dancing, entertainment, and awards - it is an event that you do not want to miss. In April 2023, our highest attendance and soldout Gala event was a spectacular success. The GSA also sponsors an Ambassador program and Honorary inductees.

GSA Student Space

Located on the 6th floor of the library and zoned for quiet study, this graduate-student only area offers:

- Graduate Study Room –22 study carrels and 2 workstations.
- Graduate Meeting Room meeting space for up to 10 people, this room features an LCD panel which can be connected to a laptop; and may be reserved online, in advance, for 2-hour time slots.
- Graduate Student Lockers are available through the library for individual graduate students' use on a first come-first served basis.



Contact the GSA office <u>office@brockgsa.ca</u> to receive the access code to enter the Graduate Study Room and the Graduate Meeting Room, as these codes may change as required.

GSA Health and Dental Plan

The GSA provides a comprehensive Health and Dental Plan for ALL registered graduate students. The cost of the plan is applied to your Brock Student Finance Account. The plan year runs from September 1 through August 31 of each year.

If you have an existing alternate, comparable and continuous Canadian Health and Dental coverage, you can combine it with the GSA Health and Dental Plan by coordinating your benefits for the best possible coverage. Students who wish to opt-out of the GSA plan are asked to provide proof of their alternate, comparable Canadian benefits plan for review and approval. Provincial health coverage (i.e., OHIP or UHIP) are not considered eligible alternative plans. OHIP or UHIP work in partnership with the GSA Health and Dental Plan to provide graduate students optimal health and dental coverage. Eligible alternative plans are either purchased privately or provided through an employer.

Family Health and Dental Benefit coverage is also available for registered graduate students enrolled in the GSA Health and Dental plan, wishing to extend the plan to include their eligible dependents (spouse and/or children).

The Opt-In/Opt-Out period is exclusive to the term in which the graduate student is assessed the Health and Dental fee during the plan benefit year of September 1 to August 31. Deadlines to opt-in or opt-out are firm and cannot be altered or waived.

The Opt-In/Opt-out period opens on the first day at 12:01 a.m. (EDT or EST) and closes on the last day at 4:00 p.m. (EDT or EST) There are no exceptions.

- Fall term enrolled student: September 1 to 30, 2023
- Winter term enrolled student: January 1 to 30, 2024
- Spring term enrolled student: May 1 to 30, 2024

For further information about the GSA Health and Dental plan, we invite you to visit New GSA Webpage for information on our GSA Health & Dental Plan.

For further information or questions about the GSA Health and Dental plan, students are encouraged to contact health@brockgsa.ca or visit studentvip.ca/brockgsa.

Food First

The Food First program, supported financially by the GSA and administered by BUSU, in partnership with Brock University and Aramark Canada, is a service aimed to address the growing issues of food and health insecurity among Canadian post-secondary students. The program provides support to students in need with a local grocery store gift card. This service is designed to assist with food and health accessibility and is not intended to be a primary source of food for any one graduate or undergraduate student.

For more information, please visit brocku.ca/foodfirst.

Universal Bus Pass ("U-Pass")

Graduate students at Brock passed a referendum in April 2003 in favour of participating in the U-Pass program, administered by BUSU. As a result, all full-time graduate students are billed for the U-Pass, regardless of what campus they are on, where they live, if they want to drive to school or any other reason. This pass is valid from September 1 to April 30 of your registered year. U-Passes are not available to part-time and exchange students, or for the Summer Term.

The U-Pass is a sticker that will be placed on your student ID card. To obtain your sticker, your Brock graduate student ID card is required, you must be currently registered, and the fee assessed on your student finance account. The stickers are available during Orientation/Welcome Week in September; after that they are available at the Student Alumni Centre (BUSU). When you get on the bus, swipe your Brock student ID card with a valid bus pass sticker which allows you to ride as often as you would like. It is that simple! With your U-Pass, you have access to St. Catharines, Thorold, Niagara Falls, Welland, Fort Erie, Pelham, and the Niagara Regional Transit Systems. For more information on your Universal Bus Pass, how to get to Brock and around the Niagara Region, please check out the resources at Brock BUSU transit services.

Canadian Federation of Students (CFS)

In 2004, graduate students at Brock voted to become members of the Canadian Federation of Students (CFS). Formed in 1981, the Canadian Federation of Students is a bilingual national union which represents over 530,000 domestic and international, full-time, and part-time, college, undergraduate, and graduate students from across the country from more than 64 universities. CFS provides students with an effective and united voice, provincially and nationally, and creates space and opportunity for students across the country and province to join together in creating change and winning victories both on and off campus.

Specifically, through the CFS, students' unions collectively pool their resources to provide student-owned and operated services such as the ISIC for graduate student members and free online tax filing with UFile.ca, which are designed to save students money. The CFS also provides resources related to campaigns, closed Caucus', and constituency spaces that help support our unique members. The GSA is a member of the CFS National Graduate Caucus (NGC). CFS members have a say in setting the policies, direction, and priorities of the Federation, including how funds are spent. For more details, visit cfs-fcee.ca and cfsontario.ca.

Brock Student Services and Departments

Faculty of Graduate Studies and Postdoctoral Affairs (FGS)

Graduate programs offer an immersive and engaging means to both investigate your chosen field and expand your academic knowledge. Your graduate education from Brock will prepare you for successful careers and contribute to leading-edge research. Our goal is to help you become a well-rounded, creative, and ethical individual and researcher who will contribute to the betterment of society.

The Faculty of Graduate Studies (FGS) office is in the Mackenzie Chown Complex, D250 and can be contacted at **905.688.5550** ext. **4490**.

<u>Brocku.ca/graduate-studies</u> serves as a one-stop resource for information and services offered to you as a graduate student. They can provide support and guidance to assist you with:

- Keeping track of important deadlines and staying up to date on events, activities, and professional development.
- Becoming familiar with tuition and fee processes, University policies and regulations.
- Accessing student forms and connecting to the broad network of University services.
- Applying to graduate.

Brock Finance

Students can view their Student Financial Account through Finance History in their student portal. The Finance History shows a complete record of tuition and other fees assessed, as well as payments received on account.

To access your Finance History:

- Log on to the student self-serve portal at my.brocku.ca
- Select "Student Self-Serve"
- Select "Student Financial History"

Students are financially responsible for all tuition and related fees associated with registered courses. To view further details, visit Student Accounts and Financial Aid/Graduate Tuition and Fees.

Office of Human Rights and Equity Services

The Office of Human Rights and Equity Services (HRE) is a resource for all Brock community members providing information, education, assistance, and advice on issues related to human rights, harassment, discrimination, and bullying. This includes harassment and discrimination based on race, ancestry, place of origin, colour, ethnic origin, citizenship, ancestry, creed, sex, gender identification, gender expression, sexual orientation, age, marital status, family status, receipt of public assistance (in housing), record of offences (in employment) and disability, as well as personal or workplace harassment and bullying.

Under the umbrella of HRE are the areas of Accessibility, Anti-Racism, General and Sexual Violence, Intercultural, and PACHRED. For further information on HRE, their services, events, and much more, visit brock.ca/human-rights.

Centre for Pedagogical Innovation (CPI)

The Centre for Pedagogical Innovation (CPI) is committed to fostering a culture of excellence in teaching and learning across Brock University. CPI provides individual consultations and group workshops about issues related to teaching and learning in higher education. Consulting the CPI can enhance an instructor's curriculum design and use of assessments, learning management systems, and teaching strategies in and out of the classroom. The mandate of the Centre for Pedagogical Innovation is to support, promote, and advance the quality of teaching at Brock University.

The Centre is administratively independent of any faculty. Instructors and TAs are encouraged to drop by the CPI offices located in the Thistle corridor (TH136) or consult our teaching resources index in the library catalogue.

For more information on CPI, their services, awards and grants, office hours, and more, visit brocku.ca/cpi.

International Student Services

Brock International Services focuses on the needs of International students. You can get assistance and information on applying to Brock University; a guide for international students; information on UHIP Health Insurance; and information about visas and permits.

This service also offers ESL services, assistance with travel related issues, Global Scholars Office, and resources, and much more. The office is in the International Centre, Room 208, or you can contact them by phone at **905.688.5550** ext. **4785**. You can view further details on all International Student Services at brocku.ca/international.

Recreational Services

All full-time and part-time graduate students are assessed a Recreation Facilities Fee each semester. This fee allows students access to the gymnasium, aquatic centre, track, squash, and tennis courts at the Walker Complex. Just show your graduate student ID card at the Cage to obtain a wristband. There are several pieces of equipment that can be borrowed for use in the gyms (basketballs, etc.).

As the result of a successful referendum vote in 2010, all full-time and part-time graduate students are assessed a Zone Fitness Centre Fee each semester. This fee allows students access to the Zone Fitness Centre, including use of all cardio and weight equipment, fitness classes and spinning classes. Students are also entitled to an orientation to the Zone session with a certified personal trainer—book in advance at Zone desk. The hours for the Walker Complex can be found at brocku.ca/recreation-services/facilities-and-hours.

Library Resources

The library has a wide range of resources including journal article databases, copying, and printing services, research assistance and the Omni partner library system for picking up and returning books. RACER, the Library's Interlibrary Loan system, is still available for requested physical resources not available at any of the 16 Omni partners, as well as all electronic resource requests. Graduate students can borrow some resources for up to 120 days Faculty Library Teams are here to support faculty, staff, and students across the University. There are six teams, one for each of the Faculties of Applied Health Sciences, Education, Humanities, Math and Science, Social Sciences, and the Goodman School of

Business. Each team consists of three librarians, drawing upon expertise from across the library. Simply email the team associated with your Faculty, and they will help you get an answer to your question.

In addition to responding to inquiries, the Teams are responsible for communicating with the faculty in the academic units within their assigned Faculties, promoting library programs, services, and resources. Check here for your <u>Faculty Library Team</u>.

A study space designated exclusively for graduate students is on the 6th floor of the Library. This research and study space includes 22 large study carrels and two computer workstations, accessible by a keypad code (provided to graduate students by contacting the GSA office). There is also a bookable meeting/presentation room for up to 10 people. For further information on the graduate student space, or to book the graduate student meeting room, visit the Brock Library Graduate Student Space.

The Brock Library is making it easier for the Brock community to complete assignments and conduct research wherever they are located. A new scan-and-deliver service takes requests for articles from print journals and chapters from print books and delivers them to emails as PDF scans. The service is available free of charge to current Brock students, staff, and faculty members. Scans are guaranteed to be delivered within two business days.

Computer Services

Brock University's Information Technology Services (ITS) Department provides students, faculty and staff with technology resources that support teaching, research, and services. These services include computer and network support, high performance computing, audio and visual, telephone, administrative systems, and portal access. You can view all the services on their website at brocku.ca/information-technology. The IT Help Desk is in the Brock Campus Store in the Plaza building.

Important Portals: my.brocku.ca – To register for courses, check your grades, view your financial history, etc. myoffice.brocku.ca – To access your Brock email, which is the University's main method of contact with you, so check it regularly! Most professors will not open email if it is sent from other sources.

Campus Security

The Brock University Campus Security office is located at the Kenmore Centre, which is adjacent to the Student Village Residences on University Road West. The role of the Brock University Campus Security Services is to enhance the quality of life on the campus by working co-operatively with the community. Brock University Campus Security Services is a dedicated team of experienced and skilled professionals who provide a safe and welcoming learning environment for Brock by preserving the peace, protecting life and property, preventing crime, and promoting community-oriented services.

Campus Security peace officers and contracted security guards work in close partnership with the Niagara Regional Police Service and have been appointed by the Regional Municipality of Niagara Police Services Board; this appointment gives them limited police authority on owned, operated, or leased University property. They regularly enforce the Liquor License Act of Ontario, Trespass to Property Act, Mental Health Act, and other provincial and federal statutes.

The office is open from 8:30 a.m. to 4:30 p.m., Monday through Friday. Their phone number is **905.688.5550** ext. **4300** (Non-Emergency), in an **EMERGENCY**, ext. **3200**, (which is monitored 24 hours a day), or use one of the yellow emergency phones located throughout the campus.

Campus Security officers are on patrol 24 hours a day, 365 days a year. Visit brocku.ca/campus-security, for more information on resources, women's self-defence program, lost and found services, campus safety and much more.

Other Student Services

There are more services available to graduate students at Brock University, such as:

Hadiya²dagénhahs First Nations, Métis, and Inuit Student Centre

As part of the Student Success Centre, Hadiya'dagénhahs First Nations, Métis, and Inuit Student Centre is focused on providing a welcoming, supportive, and inclusive environment for Aboriginal students and visitors to our campus. Our goal is to help all Aboriginal students, including First Nations, Metis, and Inuit, make the transition to the Brock University community, and to provide support and resources to enhance their academic success and cultural identity at Brock.

• GO TRANSIT Student Identification Card

Discounted transportation is available for full-time students (including Co-op) requiring transportation on the GO Transit system. Applications must now be processed online at the GO Transit student ID website by visiting gotransit.com/en/trip-planning/going-to-school

Career Services

Gain a competitive edge. In today's labour market, having graduated with experience and career knowledge will give you a critical advantage. At Brock, we pride ourselves on integrating experience into your studies by offering a rigorous co-op program and a variety of hands-on learning opportunities in your academic program. Work with our career team to successfully translate your experiences, both inside and outside the classroom, as you launch yourself into your career.

Makerspace

Makerspaces are collaborative learning environments where people come together to share materials and learn new skills, nurtured by a mindset of community partnership, collaboration, and creation. This space gives the Brock community hands-on access to emerging technologies and provides a space for all to play, learn and invent.

• Child Care

The Rosalind Blauer Centre for Child Care provides a safe, stimulating, learning environment for children of Brock University students, staff/faculty and for community members, in a licensed, non-profit childcare center. We provide a variety of opportunities for children to learn through play. Children explore and manipulate their environment through meaningful experimentation and active involvement in challenging, age-appropriate activities that are reinforced through repetition.

Research Services

The Office of Research Services (ORS) has been established to assist faculty and staff researchers in enhancing their research activities. This is accomplished by advising and developing relationships with funding agencies, government, business, and industry. Our support team includes specialists in contract management, research funding opportunities, technology and

knowledge transfer, communications, and financial accountability, together offering a high level of service to faculty and staff.

Recreation at Brock

Brock Recreation provides innovative, engaging, and high-quality experiences in sport and recreation for the Brock University community and beyond. We aim to engage students through diverse opportunities that develop lifelong skills for growth and advancement, provide access to committed student leaders who are actively engaged in building a stronger community, strive for barrier-free and inclusive environments that promote a healthy and balanced lifestyle and offer programs and support services that produce healthy living, skill development, life skills and fun!

Ancillary Services

Ancillary Services start with our people – which reside in several divisions across a diverse range of services. Under the umbrella of Ancillary Services are Parking Services, Campus Store, as well as Residences, Dining Services and Conference and Events. With approximately 50 full-time employees and nearly 100 student employees, Ancillary Services is committed to providing experiences that exceed expectations. Visit Ancillary Services to learn more about, or link to, Residences, Dining Services, Conference and Event Services, Parking Services and Campus Store.

Brock Student ID Card

Your Brock Card is your official identification card for Brock University and is the most important piece of identification you will have while at Brock University. It gives you complete access to the Brock community and its partners. The benefits associated with this card includes savings, convenience, flexibility, and security. As such, you will be required to have a photo appear on your Brock Card.

This card serves many functions and can provide you with access to a wide variety of services on campus, including meal plans and library access. It is used as identification at examinations, a transit card when affixed with a current bus pass sticker, recreation membership card and is used to control access to specific areas and buildings on campus.

The Brock Card Office is located at Sean O'Sullivan Theatre Box Office, Room TH221A (Thistle Corridor). For more information on the Brock Card and how to get one, visit Welcome to the Brock Card!

Parking Services

Parking facilities are limited, and the availability of space cannot be assured. Traveling to and from the University on foot, by public transportation and in carpools is encouraged. For the protection of University students, faculty and staff, no parking is allowed anytime, anywhere on campus, without a valid permit, except in designated cash per use areas. University parking lots are identified by alphabetical, lot-permit or reserved-space designations. Vehicles may be parked only in areas that correspond to their respective parking permits. To obtain details and pricing please visit brocku.ca/parking-services. Free parking is available in Lot 1 in the summer months (May to August) and after 6 p.m. on weekdays and all day on weekends all year.

Brock Campus Store

Visit the Brock Campus Store for all your needs from textbooks (new and used), computers, printers, clothing, gifts and more. They are located on the first floor of the Plaza building, and you can check their hours of operation, or sign up for their eNewsletter, by visiting <u>Brock Campus Store</u>.

Student Wellness and Accessibility Centre

Brock's Student Wellness and Accessibility Centre (SWAC) groups together Crisis Resources, Student Health Services (SHS), Student Accessibility Services (SAS), Personal Counselling Services (PCS) and the Student Health and Wellness Hub (The HUB). The team is focused on supporting accessibility and wellbeing through an inclusive and collaborative approach to service delivery. SWAC also offers workshops and group counselling sessions throughout the year which cover such topics as meditation, mindfulness, growth mindset and many more. For information on the services and programs available through SWAC, visit the SWAC website or follow them on social media: @BrockSWAC on Facebook, Instagram, and Twitter.

Crisis Resources

Crisis Resources provides personal counselling for students with Urgent crisis counselling 24/7:

Call 1.833.276.2533 (1-833-BROCK33) for crisis counselling 24/7. Students who are outside of North America can call 011 416 382 3257. Download the MY SSP from the app store and chat or use audio features 24/7 365 days.

Questions regarding personal counselling? Email: counselling@brocku.ca

Same-day telephone counselling for urgent matters is available to schedule by visiting <u>SWAC Crisis</u> Resources.

Student Health Services

Student Health Services (SHS) is a confidential and comprehensive service with a team of nurses, physicians and administrative staff working together to manage your medical/health needs. Student Health Services is in Harrison Hall, next to Campus Security. Appointments can be booked by calling **905.688.5550** ext. **3243** or by stopping by the Harrison Hall office. Book an appointment for health services, such as mental health concerns, alcohol/drug concerns, dressings, health exams, immunizations/injections, STI testing, suture removal, wart treatment, etc.

SHS also runs urgent care walk-in clinics, staffed by SHS doctors and medical staff, weekday mornings and in the afternoon at the Campus Pharmacy site (September – April). A walk-in clinic is also held in the afternoon at Harrison Hall. Same day walk-in services are also available for birth control repeats, bladder infections, earaches, eye infections, fever, flu, sore throats/coughs/colds, sprains, or yeast infections.

To book an appointment, call **905.688.5550** ext. **3243**. You will need to present a valid health card (OHIP, UHIP, etc.) at your appointment. For more information on SHS, hours of operation, and services offered, visit brocku.ca/healthservices.

Personal Counselling Services

Personal Counselling Services (PCS) offers free services to students who are experiencing personal issues, mental health challenges or mental illness while studying at Brock University. One-to-one counselling services are available as well as several group offerings. There are no restrictions on the number of sessions nor the number of times you use counselling services. Counsellors are all trained in Trauma Informed Practices and aim to provide each individual with the support needed to address their concerns about their well-being. Counselling is completely confidential within the limits of the law.

Students can receive urgent/crisis 24/7 telephone counselling by calling 1.833.276.2533.

The new *My Student Support Program* (My SSP) App provides real-time, confidential telephone and text chat counselling support for the Brock student population 24 hours a day, seven days a week.

For more information on SHS, booking appointments and services offered, visit <u>brocku.ca/personal-counselling</u>.

Student Accessibility Services (SAS)

Student Accessibility Services (SAS) priorities are to support and foster independence in students with accessibility needs; advocate for accessibility for students; and provide resources and education opportunities for staff and faculty to ensure a welcoming environment in compliance with Ontario Human Rights Commission (OHRC) guidelines and the Accessibility for Ontarians with Disabilities Act (AODA).

Contact SAS by calling **905.688.5550** ext. **3240**. For more information on SAS, their services, scheduling an appointment, etc. visit <u>brocku.ca/sas</u>.

The Wellness HUB

The Student Health and Wellness HUB (The HUB) is a space where students can drop in to chat with a Peer Health Educator about ways to improve their overall health and wellness. The HUB is a space for students to retrieve information on various student health related topics such as substance use, nutrition, sleep, sexual health, mental health, and wellness. We have a team of trained Peer Health Educators (PHE) who also provide peer-to-peer support for the Brock community.

The HUB is open weekdays from 12noon to 5:00 p.m., TH 134, just outside of the Marketplace; stop by, drop in and say hi. Visit The HUB for more information.

On-Campus Supports:

Campus Security (crisis) - 905.688.5550 ext. 3200

Campus Security (non-crisis) - 905.688.5550 ext. 4300

Student Health Services - 905.688.5550 ext. 3243

Office of Human Rights and Equity Services - svsec@brocku.ca

Ombudsperson (legal advice) - 905.688.5550 ext. 3568

Department of Residences - 24-hour contact:

North Service Desk - 905.688.5550 ext. 3706

(Serving Decew, Vallee, Earp, Quarry View, Residence 8, Gateway)

South Service Desk - 905.688.5550 ext. 4311

(Serving Lowenberger, Village)

Brock Sexual Violence Support and Response – 905.688.5550 ext. 6174 or visit MCE 215

Brock's Personal Counselling (provided by Morneau Shepell Counsellors) – **1.833.276.2533** or **+001.416.382.3257** if living outside of Canada (long-distance charges may apply)

Community Supports

Niagara Distress Centre (Support Line) - 905.688.3711

COAST (Niagara Crisis Outreach and Support Team) – 1.866.550.5205

24 Hours Post-Secondary Student Hotline (Good 2 Talk) – **1.866.925.5454** or text **GOOD2TALKON to 686868**

24/7 Access Line Niagara (Confidential) – **1.866.550.5205**

Niagara Regional Sexual Assault Centre (24-hour Crisis and Support Line) - 905.682.4584

Niagara Health System
 St. Catharines Hospital Emergency Department
 905-378-4647
 1200 Fourth Ave.

Niagara Region Health Care Professionals -

St. Catharines, ON L2S 0A9

https://www.niagararegion.ca/health/professionals/default.aspx

Niagara Region Metal Health Supports -

https://www.niagararegion.ca/living/health_wellness/mentalhealth/default.aspx

Sexual Assault Centre Hamilton (24-hour Crisis and Support Line) - 905.525.4162

Student Life and Success

In <u>Student Life and Success</u>, they are focused on supporting students' development and growth both inside and outside the classroom. The Student Success Centre provides students with convenient and approachable access to resources including skills workshops, drop-in academic support, and tutoring.

The Student Engagement team supports an exceptional student experience by providing students with co-curricular opportunities that facilitate connections to others within the Brock and Niagara communities. The team also supports new student orientation, <u>ExperienceBU</u> and the Campus-Wide Co-Curriculum and students who are living off-campus/commuting.

A-Z Learning Services

We support the academic success of all Brock students. Services include academic and life skills workshops, drop-in help from upper-year students, and a variety of academic resources. We also offer course-specific tutoring on a pay-per-hour basis.

The A-Z Learning Services team supports students' success by creating opportunities for students to build academic skills, increase self-awareness, and muster the courage to follow their own passions. Find them beside the Market Hall.

Student Life

We provide engagement opportunities to enhance the Brock student experience. We offer programs and services that support campus involvement, leadership development, community engagement, off-campus living and so much more.

Find them in Mackenzie Chown A-Block, just around the corner from the Schmon Tower Tim Horton's.

Faith and Life Centre

Faith and Life, providing a safety and inclusive community space, offers a wide variety of religious, spiritual, and secular supports, such as religious education and support, campus-wide events, spiritual direction and counselling, and critical thinking for all students, staff, and faculty. Faith and Life can be found at the end of Thistle hallway, headed South down the hill, in Alphie's Trough.

The Centre is a space for all students, and all student clubs – religious or otherwise. Part of the space is designated as a drop-in quiet study space, while the other half is primarily used for religious practices, i.e., prayer groups, Bible studies, and discussion groups.

Student Affairs

We support students by leading the Crisis Assessment Response and Education (CARE) team and the Non-Academic Misconduct process. The goal of the CARE team is to connect students with the appropriate service(s) that addresses their unique situation while providing the student with support to enable a healthy and successful academic and personal future.

The Student Affairs team takes a restorative approach to administering the Student Code of Conduct. Violations of the Student Code of Conduct are managed through the non-academic misconduct process wherein education and safety are prioritized. At all times, Student Affairs is here to help and support students.

Off-Campus Living

We're here for students, landlords and residents of Niagara. We're committed to working hand in hand with students, landlords, residents, and community partners to ensure all expectations of being a contributing member of our community are being met.

Through our comprehensive Off-Campus Living listing site you can find rooms, houses, or apartments for rent; find or post sublets; or even find or post for housemates. Our service is completely **free for Brock students!**

Off-Campus Living is here to help with lots of great resources for students and landlords – from finding accommodation, to making sure you're equipped with the tools to understand tenancy laws and stay involved on campus. Off-Campus Living also provides support in dispute resolution (roommate conflict, landlord/tenant disagreements, property issues, noise complaints, etc.) and is committed to working with students, residents, and community partners to foster positive neighbourhood relations.

Visit www.brockocl.ca for more information.

Important to Note when accessing and using the Brock Off-Campus Living website:

BROCK UNIVERSITY DOES NOT RECOMMEND OR ENDORSE ANY LISTING

The information provided on this site is purely for the convenience of Brock University students and the University does not recommend or endorse any of the premises listed. The listings have not been inspected by Brock University and the University has not confirmed the accuracy of the information provided or the suitability of the accommodations for residential purposes.

IT IS YOUR RESPONSIBILITY TO INSPECT AND INVESTIGATE ANY LISTING

It is the responsibility of the student to contact the landlord directly. Brock University highly recommends a personal inspection of the premises and an exhaustive review of all arrangements with the landlord. Any student who does not feel qualified to entertain these investigations should seek either parental advice or professional assistance.

AS A TENANT, YOU MAY BE ASSUMING PERSONAL LIABILITY RISKS AND SHOULD CONSIDER INSURANCE

Students are also warned that as tenants they may potentially incur risks which expose them to personal liability as occupiers of property. All students are urged to review the issue of insurance with their landlord and/or their own insurance agents.

BROCK UNIVERSITY IS NOT LIABLE FOR YOUR USE OF THIS SITE

Brock University does not make any representations about or endorse any of the listings on this site and provides no guarantee that any listing is trustworthy, safe, or suitable. The University is not responsible for any damage or losses resulting from your use of the site and by using the site, you accept, assume, and agree to be solely responsible for all damage or losses you incur as a result of your use of this site.

HOW TO RECOGNIZE AND AVOID RENTAL SCAMS

Please carefully review the resources section of this website. While instances of online fraud may be rare, it is important to be attentive when conducting a housing search or looking for potential tenants/subletters.