



COMMUNITY & EQUITY RESOURCES
AT WESTERN AND THROUGHOUT THE GREATER LONDON AREA

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COMPILED BY THE SOGS EQUITY COMMITTEE



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Planned Updates

- Add “I didn’t find what I was looking for” recommendations to all sections.
- Streamline formatting and readability.
- Fix formatting on hyperlinks so they all display as blue.
- Info on TA and ITA days
- Add mini-TOCs to each section
- Arrange services in alphabetical order
- Check and fix awkward paragraph breaks



Accessibility

It's difficult to walk or wheel around campus and this makes it challenging for someone with disabilities. Where can I find maps or services to help me plan my route?

Western University accessibility maps can be found in the maps and parking section of this website . You may also call Services for Students with Disabilities (519-661-2147) and speak to a staff member who can help you map out the necessary accessible routes.

What are the services for persons with disabilities at UWO?

Services for Students with Disabilities (SSD)

<http://www.sdc.uwo.ca/ssd/>

Western Student Services Building, Room 4111

519-661-2147

ssd@uwo.ca

Accessibility @ Western

<http://accessibility.uwo.ca/>

Room 4159, Support Services Building (SSB)

Tel: 519-661-2111 x85562

Email: accessibility@uwo.ca

Accessibility @ Western -- Frequently Asked Questions

<http://accessibility.uwo.ca/students/faq.html>

SOGS - Disabilities Commissioner

sogs.disabilities@uwo.ca

How do I report an accessibility issue?

Accessibility @ Western -- Feedback and Inquiries

<http://accessibility.uwo.ca/resources/feedback.html>

- 1) The Accessibility for Ontarians with Disabilities Act (AODA) requires that your program or unit provide you with accommodation. Approach the individual unit or department directly to provide feedback or seek assistance.
- 2) If necessary, further feedback can be directed to:
 - Accessibility at Western c/o Lesley Oliver
 - 519-661-2111 x81458
 - Email: accessibility@uwo.ca

Where can I find Western University's accessibility reports?

Accessibility @ Western -- Accessibility Reports

<http://accessibility.uwo.ca/resources/reports.html> (also features multi-year accessibility plan)



Where can I find information on transportation available for students with disabilities?

Accessibility @ Western – Transportation

<http://accessibility.uwo.ca/students/transportation.html>

- Western Accessible Transportation
- USC Bus Pass
- London Transit's Specialized Transit
- Accessible Transportation in London and Middlesex

Accessible Parking

<http://www.uwo.ca/parking/find/accessible.html>

Does Western University have accessible housing for students with disabilities?

Western does have accessible housing options for students with disabilities. For more information on accessible housing, please visit <http://www.residenceatwestern.ca/spneeds.cfm> or call 519-661-2111 x85562 for more information.

Where can I learn about resources that may be available in certain classrooms on campus?

Information about resources in classrooms can be found on the Classroom Management Group's website. For instance, students with hearing impairments can find out which classrooms on campus are equipped with microphones.

Who do I call if any accessibility equipment or hardware is broken?

Call Facilities Management (519-661-3304 or ext. 83304) or email fm-help@uwo.ca to report the broken hardware.

What kinds of community resources are available to me as a student with a disability?

ARCH Legal Services

425 Bloor Street East, Suite 110, Toronto, ON, M4W 3R4

Telephone: 416-482-8255

Tel. Toll-free: 1-866-482-2724

TTY: 416-482-1254

TTY Toll-free: 1-866-482-2728

Canadian Hearing Society - London

Phone: 519-667-3325

Teletype: 1-888-697-3613

Fax: 519-667-9668



Ontario March of Dimes

920 Commissioners Rd. East , London, ON N5Z 3J1

Phone: 519-642-3999

Spinal Cord Injury Ontario - Southwest Ontario

1111 Elias St, Unit 3, London, ON, N5W 5L1

Phone: 519-433-2331

Independent Living Centre London & Area

433 King St, Ste 101, London, ON, N6B 3P3

Telephone: 519-660-4667

Email: info@ilcla.ca

Where can I find information about the AODA (Accessibility for Ontarians with Disabilities Act?)

More information about your rights under the law, please find more detailed information about the AODA here:

http://www.mcsc.gov.on.ca/en/mcsc/programs/accessibility/understanding_accessibility/aoda.aspx

Where can I find accessible formats for my textbooks?

Alternative format text (e.g., electronic or Braille versions of print material) is available to all students who are blind, have low vision, or who have a learning or mobility disability. Students should contact Services for Students with Disabilities in order to ensure access to all services required to complete their studies effectively.

It can take up to several weeks to obtain digital textbooks and several months to have a Braille textbook made. Therefore, students who need alternative format textbooks are required to provide a reading list to Services for Students with Disabilities (SSD) immediately after they have selected their courses. Students may obtain textbook information from the University Bookstore.

Who do I contact if I feel I have been subjected to discrimination or harassment because of my disability?

Equity and Human Rights Services (EHRS) administers the University's policies on discrimination and harassment. EHRS offers confidential advice and can help you determine your best course of action. Often, individuals just want to have the opportunity to discuss the issue and get some feedback or information. For more information about EHRS visit their website at www.uwo.ca/equity. To set up an appointment to speak with Equity and Human Rights Services send an email request to equity@uwo.ca or call (519) 661-2111 ext. 83334.

Are there any scholarships or bursaries available to students with disabilities?

There are quite a few bursaries and scholarships for students with disabilities. For more information you can check out Disability Awards at <http://www.disabilityawards.ca/> and <http://accessibility.uwo.ca/students/bursaries.html> You can also contact the disability studies office to inquire about particular financial incentives for students with disabilities.



Health and Family

I am looking for health related resources in the community for myself or a family member- where can I begin?

London Intercommunity Health Centre

659 Dundas Street, London, Ontario

519-660-0874

Healthcare, support/counselling, crisis intervention, health screenings, housing assistance and more.

Atênlos (Atlohsa) Native Family Violence Services

109-343 Richmond Street, London, Ontario

519-438-0068

Confidential support and counseling for First Nations women, men, and children who are living with native family violence.

Middlesex London Health Unit

50 King Street,, London, Ontario

519 663-5446

Public health issues such as STI's, STD's and Birth Control Clinics)

Canadian Mental Health Association Middlesex

648 Huron Street

519-434- 9191 Information and support, to book an intake |

Crisis Services

519-433-2023 - Call the 24 hour Crisis Response Line for immediate phone support, access to Crisis

Mobile Team and Crisis Assessments

<http://cmhamiddlesex.ca/>

Children's Aid Society of London and Middlesex

1680 Oxford Street E., London, Ontario

519-455-9000

Resource for children living in violence.

Western Health and Wellness

Various specialized locations throughout the USC

Medical: 519-661-3030

Counselling: 519-661-3771

<http://www.health.uwo.ca/services/index.html>

Western provides several on campus health-related services that aim to help you achieve optimum health.



What counseling and psychological services are available at Western? What mental health services are available?

Student Development Centre (SDC)

<http://www.sdc.uwo.ca/>

519-661-3031

WSS Rm 4100

(individual counselling, group counselling, crisis counselling)

Student Health Services (SHS)

<http://www.health.uwo.ca/services/students/index.html>

519-661-3771

519-661-3030 (urgent concerns)

UCC Rm 11 (lower level)

(multidisciplinary counselling services, psychiatric and physician consultations, medication consultations)

Good2Talk

<http://www.good2talk.ca/>

1-866-925-5454 or by connecting through 2-1-1

Good2Talk is a free, confidential and anonymous helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario, 24/7/365.

I am interested in learning more about alternatives for stress-management and anxiety such as mindfulness awareness- what is offered?

Student Development Centre Group Counselling on Mindfulness

<https://studentservices.uwo.ca/secure/workshops/psychGroups.cfm>

London Mindfulness Community (LMC)

(open mindful-awareness peer support group that meets twice a week for group meditation and discussion)

<http://www.londonmindfulnesscommunity.org/>

Online Mindfulness Resources

Mindful Net: <http://mindfulnet.org/index.htm>

Free 19 -page preview of *Mindful* magazine:

http://www.mindful.org/sites/default/files/Mindful_freemium.pdf

Free online 8-week MBSR program

<http://palousemindfulness.com/resources.html>

Guided Meditations

<http://ottawamindfulnessclinic.wordpress.com/practices/meditations/>



Stop, Breathe, Think Mobile app (for all ages)

<http://stopbreathethink.org/>

MindYourMind

<http://mindyourmind.ca/>

MindYourMind is a mental health program that engages youth, emerging adults and professionals through community support, while using mental illness resources in both a professional and peer based manner to help youth reach out, get help and give help.

Are there support groups available in London and within the Western Community?

Connect for Mental Health:

a not-for-profit peer support organization run by and for individuals who have been affected by mental illness. Together we provide support, education, and outreach to create a brighter legacy for mental health

→ "*Coffee Socials*" run weekly on Tuesday evenings at 7 pm. Check calendar for location and details in advance. Location varies.

website: <http://connectformh.ca/socials/>

bereketab.tekle@connectformh.ca

519-679-4040 Ext. 1

Peer Support:

<http://westernusc.ca/peer-support/>

AVP Peer Support Network:

Sahana Dorai

Peer.support.network@uscavp.com

@USC_PeerSupport

AVP Peer Support Centre

Nicolas Gil

Peer.support.centre@uscavp.com

Ally Western:

allywestern@westernusc.ca

www.facebook.com/AllyWesternUWO

@allywestern

An outreach service that creates a more inclusive university campus, with a focus on understanding and celebrating campus diversity

Pride Western:

pridewestern@westernusc.ca

<http://www.facebook.com/PrideWesternUWO>

@pridewestern



Become a part of a resource and support system for students with questions regarding Lesbian, Gay, Bisexual, Transgender, Transsexual, Queer, 2-Spirited, and Asexual (LGBTQ2A) issues.

Ethnocultural Support Service:

ethnocultural@westernusc.ca

<http://ethnoculturalwestern.tumblr.com>

@ethnowestern

See the ways ESS is making a culturally inclusive University community, in which students' unique backgrounds are positively embraced and celebrated

Health and Wellness Education:

healthwellness@westernusc.ca

Discover services and programs in place to educate students on issues surrounding mental health, social health, campus safety, healthy lifestyles, and alcoholic substance abuse prevention.

Women's Issues Network:

womensissues@westernusc.ca

<http://www.facebook.com/WINUWO>

@USCWomensIssues

Join WIN in recognizing, representing, and rectifying gender inequalities affecting UWO students.

TALK: Talking about Life in Canada

http://iesc.uwo.ca/iesc_services/iesc_events/transitioning.html

519-661-2111 ext. 89309

Being an international student can be an exciting and life-changing experience. There are many new things to discover as you adjust to your new surroundings. If you are interested in discussing and sharing experiences about living and studying in a new culture, then this weekly group may be for you.

What resources are available for mental health online?

- **Canadian Mental Health Association (CMHA)**
<http://www.cmha.ca/youreducation/introduction.html>
- **Jack Organization**
<http://www.jack.org/>
- **Mind Your Mind**
<http://mindyourmind.ca/>
- **Western Health and Wellness – Mental Health**
http://www.health.uwo.ca/mental_health/
- **You Matter**
<http://youmatterlifeline.tumblr.com/>



Indigenous and Aboriginal Student Services and Support

If I want to self-identify as Aboriginal (First Nations, Metis, or Inuit) to Western, how do I do so?

Please visit this link for more information:

<http://indigenous.uwo.ca/universitywide/selfid.html>

If I want to receive Aboriginal student communications, how do I sign up?

Indigenous Services at Western University

Stop by and meet the staff at Indigenous Services (IS) and sign up for the email listserv and after hours access. Cultural services are available including a visiting elder and a smudge room. Computers and printing services are offered to Indigenous students, and a silent study room is available for student use.

Indigenous Services Student Development Centre

Room 2100, Western Student Services Building

Website: <http://indigenous.uwo.ca>

Tel: 519-661-4095

email: is.staff@uwo.ca

Supporting Aboriginal Graduate Enhancement (SAGE)

SAGE is a peer-based support network for Indigenous graduate students at Western University aimed at facilitating transition, retention and completion of Indigenous students in graduate studies.

If you are an Indigenous graduate student at Western and you want to be added to the SAGE listserv please contact the SAGE Coordinator at: indigenoussage@uwo.ca.

IndigiLINK

<http://www.indigilink.com>

IndigiLINK allows you to find and connect with others working on similar Indigenous issues from your region or around the world. You can connect with individuals using the "connection" feature. You can also join groups by topic or region.

I want to know more about Aboriginal communities and events in London, what would be a good place to look?

Indigenous Services at Western University

<http://indigenous.uwo.ca>

Outreach Booklet: http://indigenous.uwo.ca/indigenous_outreach/IndigenousViewbook.pdf

Like Indigenous Services for weekly updates in and around London, ON on Facebook at:

<https://www.facebook.com/WesternUIS?pnref=lhc>

N'Amerind Friendship Centre

<http://www.namerind.on.ca>



Like N’Amerind on Facebook to follow upcoming events and employment opportunities at:
<https://www.facebook.com/pages/NAmerind-London-Friendship-Centre/332001323499406>
260 Colborne St. London, ON N6B 2S6
Tel: 519-672-0131

Southwest Ontario Aboriginal Health Access Centre (SOAHAC)

<http://soahac.on.ca>
425-427 William St., London, ON N6B 3E1
Tel: 519-672-4079
1-877-672-4079

[I am looking for scholarship opportunities- where can I start?](#)

INDSPIRE

<http://indspire.ca>

Building Brighter Futures: Bursaries and Scholarship Awards

All Canadian resident, Indigenous individuals who are either First Nation status, recognized by the Federal Government or non-status, Inuit or Métis and enrolled in full time post-secondary studies or high school (for Foundation for the Advancement of Aboriginal Youth only), are able to apply.

Applications are available online and have different due dates. For Post-secondary Education students deadlines are annual and fall on June 1st and November 1st.

Like Indspire on Facebook: <https://www.facebook.com/Indspire/info?tab=overview>

[What about summer school opportunities and training?](#)

Circulation of opportunities will be sent to you through your UWO email if you sign up through Indigenous Services or SAGE’s listserv but look out for these ones!

Indigenous Health and Well-being Initiative (IHWI)

London, Ontario, Canada

Indigenous Health and Well-being Initiative’s long term goals:

- 1. To contribute to the health and well-being of Indigenous peoples in Canada and internationally*
- 2. To make Western and Canada an internationally renowned centre for undergraduate and graduate training and policy development in the area of Indigenous health and well-being*

For the past three years, IHWI has held an annual summer school with the 4th Annual Summer School of Western University’s Indigenous Health and Well-being Initiative being held May 11th to May 13th, 2015 that focuses on Indigenous Community Experiences in Community-Based Research: Best practices & Learning Lessons.

<https://www.facebook.com/ihwi1?fref=ts>

<http://ihwi.uwo.ca>



Columbia University - The Center for the Study of Ethnicity and Race (CSER): *Indigenous Studies Summer Program (ISSP) On Indigenous Peoples' Rights and Policy* New York, New York

The Indigenous Studies Summer Program at Columbia University is a two-week program that provides an overview and analysis of the major questions in indigenous affairs today as they have emerged globally in the last decades, culminating with the adoption of the UN Declaration on the Rights of Indigenous Peoples. The course incorporates lectures and workshops on the most recent and innovative academic and other research and policy debates on indigenous peoples issues. It is complemented by visits to the United Nations and a Native American Nation, lectures and discussions with United Nations officials, officials of a Native American Nation and representatives of Indigenous organizations.

For more information about ISSP please contact issp@columbia.edu

Website: <http://www.columbia.edu/cu/cser/issp/>

Applications are due in early January so please look out for the call for applications!



International Students

Is there support specific to my needs as an international student?

International and Exchange Student Centre

2nd floor, International and Graduate Affairs Bldg., London, Ontario, Canada, N6A 3K7

General Inquiries: 519-661-2111 ext. 89309

To Book an Appointment: 519-661-2111 ext. 85908

Email: iesc@uwo.ca

Website: iesc.uwo.ca

Offering: individual assistance, orientation programs, information sessions, and immigration assistance as well as support programs, social activities, and events such as Global Café, English Conversation Program, Peer Guide Program, Programming for Spouses of International Students, TALK: Talking about Life in Canada, and more.

The IESC puts together the International Student Handbook which includes helpful information for international students upon arrival and throughout their stay at Western University and in London. International students are invited to pick up their Handbook directly from the IESC.

Western English Language Centre

1137 Western Road, London, Ontario, Canada, N6G 1G7

519-661-2111

<http://englishlanguage.uwo.ca/>

(Offering: year-long and short-term, intensive ESL programs, ESL programs for academically eligible students interested in pursuing a graduate degree at Western who receives a conditional offer of admission to graduate studies without successful completion of an English language proficiency test.)

Culture Works

266 Epworth Avenue, London, Ontario, Canada, N6A 2M3

519-679-2648

info@cultureworkstheschool.com

<http://cultureworkstheschool.com>

(Offering: ESL programs for academically eligible students interested in pursuing a graduate degree at Western who receives a conditional offer of admission to graduate studies without successful completion of an English language proficiency test.)

The Teaching Support Center - International Programs

The D.B. Weldon Library, Room 122, Western University, London, Ontario N6A 3K7

519-661-2111 ext. 80346

tsc@uwo.ca

@WesternTSC

http://www.uwo.ca/tsc/graduate_student_programs/international_student_programs/

(Offering: communication and orientation programs for international graduate students)



The TSC oversees the publication of the e-manual Communication Strategies for International Graduate Students: Surviving and Thriving in Canadian Academia

http://www.uwo.ca/tsc/resources/publications/csigs_emanual.html

Community Legal Services

Faculty of Law, 1151 Richmond Street, London, Ontario, Canada, N6A 3K7

519-661-3352

http://law.uwo.ca/clinics_and_centres/community_legal_services/

(Offering: assistance with applications for permanent residency, monthly Immigration Group Information (IGI) sessions, application reimbursement, residency update)

Register to IGI sessions via CLS scheduler: <http://grad.uwo.ca/events/clsscheduler/index.cfm>

For orientation and assistance with any of the services listed above, you can contact the

School of Graduate and Postdoctoral Studies

519-661-2102

http://grad.uwo.ca/current_students/international_students/international_support.html

International Students and Wellness Website

<http://iwellness.uwo.ca/>

Provides information and advice regarding 7 important and interacting dimensions of health and wellness: emotional, physical, academic & career, social & cultural, spiritual, financial, and environmental wellness in the context of cross-cultural adjustment and intercultural experience.

How do I get my social insurance number (SIN)?

For information provided by the IESC, please visit:

http://www.uwo.ca/international/iesc/visas/working/social_insurance_number.html

For more information on the London Service Canada Centre, please visit

<http://www.servicecanada.gc.ca/cgi-bin/sc-dsp.cgi?rc=3620&map=y&ln=eng#mp>

For more information of the SIN application process, please visit

<http://www.servicecanada.gc.ca/eng/sc/sin/index.shtml>

To obtain a Social Insurance Number (SIN), you may have to bring your original proof of identity documents to:

The London Service Canada Centre

Dominion Public Building at 457 Richmond Street

Service provided in English or in French.

1-800-622-6232

Are there specific funding opportunities for international students?

Many funding opportunities aren't available to international students. If you go to a departmental orientation to get information about scholarship competitions, make sure to ask about your eligibility as an international student. Resources can be found here:



The Office of the Registrar

International student scholarship information at

http://www.registrar.uwo.ca/student_finances/scholarships_awards/international_student_scholarship_information.html

US Student Scholarships

Scholarships concerning international students from the United States:

http://www.registrar.uwo.ca/student_finances/us_student_funding/index.html

Other Awards

A list of awards and scholarships available to Western graduate students is available at

http://grad.uwo.ca/current_students/student_finances/funding_opportunities.html

Contact your graduate program assistant to find out about funding opportunities in general, and funding opportunities internal to your department, institute, or programme:

http://grad.uwo.ca/current_students/student_finances/gsc_listing.html

[I am an international student and am wondering about how the cost of living in London differs from my country of origin?](#)

An estimation of the cost of living in London can be particularly helpful to international students:

http://www.numbeo.com/cost-of-living/city_result.jsp?country=Canada&city=London

http://grad.uwo.ca/prospective_students/finances/financial_planning.html

[I am looking to find out more about social/cultural events and communities at Western, where can I start?](#)

The International and Exchange Student Centre organizes socio-cultural events and offers volunteering opportunities and social activities (such as discussion groups or cultural dinners).

International and Exchange Student Centre

2nd floor, International and Graduate Affairs Bldg., London, Ontario, Canada, N6A 3K7

General Inquiries: 519-661-2111 ext. 89309

To Book an Appointment: 519-661-2111 ext. 85908

Email: iesc@uwo.ca

Website: iesc.uwo.ca

Offering: individual assistance, orientation programs, information sessions, and immigration assistance as well as support programs, social activities, and events such as Global Café, English Conversation Program, Peer Guide Program, Programming for Spouses of International Students, TALK: Talking about Life in Canada, and more.

USC Clubs

You can join one of the many student-run clubs at Western. See the list of existing clubs at

<http://westernusc.ca/clubs/list/>



For more information about clubs or to start your own club, contact

University Students' Council

340 UCC Building, University of Western Ontario, London, Ontario, N6A 3K7

519 661 3574

usc@uwo.ca

Western International Week

<http://www.uwo.ca/international/week/>

519-661-2111 ext. 89309

intlweek@uwo.ca

Western International Week is held annually in November and celebrates diversity at Western, engages students, faculty and staff in discussion and debate about international issues, encourages learning about international education, cross-cultural skills, and cultural traditions and activities.



Parenting: Information and Services

Where can I find more information about parenting services at Western?

The following information can be found online at

http://www.uwo.ca/facultyrelations/recruitment_retention/family_support/child_care_schooling.html

For additional information please contact the Office of Faculty Relations.

Office of Faculty Relations
Stevenson Hall, Suite 3107
519-850-2900
ofrweb@uwo.ca

Where can I find prenatal care resources in the London community?

The following resources provide services for expecting mother:

Thames Valley Midwives

<http://tvm.on.ca/>
519.433.5855
info@tvm.on.ca

Talbot Creek Midwives

<http://talbotcreekmidwives.com/>
519-637-2224

WomanCare Midwives

<http://midwives.on.ca/>
519-645-0316
admin@midwives.on.ca

Middlesex London Health Unit

Prenatal classes - <https://www.healthunit.com/prenatal-health>
519-663-5317 - Class registration
519-850-2280 - Public Health Nurse

How much time am I allowed to take off from my academic responsibilities as a part of my maternity leave (general)?

Graduate Teaching Assistants are eligible for maternity leave from their TAship, which is separate from their studies. They may also take maternity leave from their studies.

A total of 17 weeks of unpaid work time is available to women who are pregnant. After the baby is born or adopted parents have the right to take off 35 weeks. If parents do not take any leave during the pregnancy they are eligible to take off for 37 weeks.



If eligible, a student may be granted up to three terms or 12 months of leave as recommended by their graduate program. Please consult with your faculty specifically if you require a longer time off.

Refer to: http://grad.uwo.ca/current_students/regulations/4.html Section 4.06

Can I continue my graduate work while I am away on maternity leave?

Students cannot continue with their normal activities such as RAs, TAs or attending classes however students may discuss with their supervisor if there is work that they can do in regards to their own research work while away. Communication with their supervisor is encouraged prior to leave to come up with an agreement on how they would like you to proceed.

Refer to: PSAC Website <http://www.psac610.ca/>

Where can I go to find services and resources available for childcare in the London community?

There are a number of options for childcare in London, some on campus and many off campus. Most however, require advanced registration and work through a centralized daycare registration system.

London and Middlesex Child Care Wait List

This is a child care centre waitlist application for all London and Middlesex families seeking licensed child care, school age care and nursery school spaces in the City of London or County of Middlesex. It also provides information on all daycare spaces and organizations in London.

Website: <https://london.onehsn.com/>

London Children's Connection – Non-profit organization that provides early learning programs and childcare options. This program runs a number of childcare programs in London as well as before and after school programming at school sites, and requires registration in advance.

Website: <http://lcc.on.ca/>

Does Western offer family housing?

Yes. Platt's Lane offers townhomes and apartments for students and their families. This unique community is located close to the university and local public schools, and encourages work life balance for Platt's Lane families by offering a number of community events such as bonfires, BBQs, community movie nights, playgroups, and trips including apple picking, maple syrup festivals, and more.

For more information on Platt's Lane or to fill out a rental application, visit www.plattslane.uwo.ca

Are there other family resources that I can use to access to help support my family?

An online resource and service provider to connect parents with programs available in the community for child care.

<http://www.familyinfo.ca/about.asp>

Ontario Early Years Centres – Centres are located across Ontario. Please Visit (<http://www.oeyc.edu.gov.on.ca/>)



Local Caregivers – For a list of local caregivers please visit <http://www.londoncaregivers.com/>

As a graduate teaching assistant how much time am I allowed to take off as a part of my maternity leave?

Female students can take a pregnancy leave for up to 17 weeks. Parental leave can only take place after the baby is born and can be as long as 35 weeks (combined if GTA couple). If the female student did not take any pregnancy leave, the parental leave can be up to 37 weeks. After 52 weeks total (since child is born or comes into care) GTAs must end their parental leave. During their leave, a GTA must not continue with other university appointments, e.g. RA

Refer to: http://grad.uwo.ca/current_students/regulations/4.html Section 4.06

When do I need to inform my faculty about my pregnancy and/or parental leave?

Student must inform their supervisor 4 week before taking their leave however students are recommended to inform their faculty of their leave 3 months prior to starting their leave to assure all administrative related tasks are completed on time.

Refer to: http://grad.uwo.ca/current_students/regulations/4.html Section 4.06

What paid benefits are available to me during my time off for pregnancy and/or parental leave?

If you are an eligible GTA you will be given 2 weeks of full GTA pay and 55% of your weekly pay for the remaining period for up to 17 weeks of time off. To apply for paid benefits and to assure you are eligible please visit: (http://www.uwo.ca/hr/form_doc/benefits/doc/leaves/gta_ppa_leave.pdf)

To speak to a benefits consultant call:

Human Resources at 519-661-2194, Western Human Resources
Room 5100, Support Services Building, London, Ontario N6A 3K7
hrhelp@uwo.ca

Does SGPS provide a bursary for parental leave?

Yes, students must be registered for full-time for at least one term with no Tri-Council funding. \$1500 bursary is available per leave. Please contact Teri Hern from SGPS to discuss this further at thern2@uwo.ca, 519 661-2111 x84901

Refer to: http://grad.uwo.ca/current_students/regulations/4.html Section 4.06

What service benefits are available to me on campus while I am on pregnancy and/or parental leave?

Students can choose to opt into the following health plans: SOGS membership, Campus Recreation, Library, Student Health Services, Health Plan and Dental Plan.

Please consult the following link from Human Resources with helpful tips regarding your leave to assure you are receiving the funding available to you and are able to take your leave for the time you need/request: <http://www.uwo.ca/hr/benefits/leave/tips.html>



Parenting: Childcare

What are my options for on campus childcare?

YMCA of Western Ontario – This is an on campus childcare centre, for children 3 months to age 5. To enroll your child you must go through the London-Middlesex childcare wait list, please visit (<https://london.onehsn.com/>). For more information please email universitycc@ymcawo.ca or visit <http://ymcawo.ca/ChildCareWeb/childcare.html>

UCC Flexible Care – Located in the UCC basement we have a second service operated by the YMCA Western Ontario. Students are accepted from ages 3 months to 5 years. Community members can use this service but priority is given to Western staff, students and faculty. It is \$8.00 an hour for care, with the option of registering for full-time or part-time care. Please visit (<http://www.usc.uwo.ca/flexcare/>)

The Centre operates from 7:30 - 6:00 pm Monday - Friday.

Location: Room 40 UCC

Phone: 519-661-2111 x 82672

Where can I find breastfeeding and change table stations on campus?

Please visit (http://www.uwo.ca/campus_life/family/stations.html) for a map of breastfeeding and change table locations on campus.

Where can I find additional emergency financial support after I do not receive my GTA payments?

PSAC has an emergency Financial Assistance Fund and an extended Health Plan fund you can look into. For more information on all PSAC 610 benefits, please visit:

<http://www.psa610.ca/index.php/benefits>

What is the PSAC foodbank service? Is this something I am eligible for?

For individuals who have an unexpected or sudden financial need, the foodbank service is available to them. President's choice gift cards will be made available to eligible students. The gifts cards are valued at \$50.00 plus \$25.00 for every additional family member. Please visit:

<http://www.psa610.ca/index.php/benefits/food-bank>



Pride/LGBT2QIA+

If I am transitioning, where can I go to change my name in Western's registration?

Office of the Registrar -- Updating Personal Info

http://www.registrar.uwo.ca/student_records/updating_personal_information.html

Where can I find more information about LGBT2QIA issues @ UWO?

Pride Library

<http://www.uwo.ca/pridelib/>

Pride Western

<https://www.facebook.com/PrideWesternUWO>

Equity and Human Rights Services

<http://www.uwo.ca/equity/>

Where can I find the Gender Neutral bathrooms on campus?

Gender-Neutral Washrooms at Western

http://www.uwo.ca/equity/doc/gender_neutral_washrooms.pdf



Religious Services

What are the religious spaces on campus? Where are they and how do I get access?

There is a prayer and spiritual reflection space located in UCC room 38. This space is open to all religious groups. At this same location there is also a space dedicated for Muslim prayer.

If my specific religious needs are not met, what could be some community resources?

Equity & Human Rights Services (EHRS) provides advice on Western's duty to accommodate with respect to religious practices and observances. EHRS offers a supplementary guide on religious accommodation on campus, which can be viewed here:

http://www.uwo.ca/equity/doc/multicultural_calendar_supplement.pdf.

For more information, please contact:

Equity & Human Rights Services

Somerville House, Rooms 2319; London, Ontario, Canada; N6A 3K7

519-661-3334

equity@uwo.ca

Info on Western Chaplains

<http://www.uwo.ca/chaplain/>

University Community Centre, Room 38B

Other Options

Here's a link to supplementary guide on religious accommodation on campus:

http://www.uwo.ca/equity/doc/multicultural_calendar_supplement.pdf.

PLEASE NOTE: The university welcomes requests for religious space. To book space in addition to the multi-faith space available, you could contact Susan Grindrod, associate vice-president of Western's housing and ancillary services at grindrod@housing.uwo.ca.



Sexual Assault, Sexual Harassment and Gender-Based Violences

If I've experienced sexual violence or a form of gender-based violence where can I go for help? Where can I go for help off-campus?

Sexual Assault Center London (free counselling, 24 hour crisis workers and a support line)

<http://www.sacl.ca>

Office: 519-439-0844 Interpretation services available.

24 Hour Sexual Assault Crisis and Support Line : 519-438-2272 or 1-877-529-2272

St. Joseph's Hospital Sexual Assault Clinic (emotional support, sexual assault evidence kit, physical care and links to community resources)

<https://www.sjhc.london.on.ca/regional-sexual-assault-and-domestic-violence-treatment-centre/sexual-assault>

519-646-6100, extension: 64224 and ask for the nurse-on-call for sexual assault and domestic violence.

London Abused Women's Center <http://lawc.on.ca>

519-432-2204

Abused Women's Helpline: 519-642-3000

Daya Counseling Services <http://www.dayacounselling.on.ca>

519-434-0077

(subsidies are available for clients/no one is turned away due to financial hardship)

Women's Community House <http://www.shelterlondon.org>

Abused Women's Helpline 24 HOUR: 519-642-3000

Toll free: 1-800-265-1576

TTY: 519-963-0427

Women's Community House provides safety and confidential services to abused women in a non-judgemental environment. Our services include: emergency shelter, a 24-hour helpline; walk-in counselling and support centre; and a transitional outreach program. We also operate a second stage housing apartment building, family court support program, and a community group program for children.

[Is there a crisis helpline I can call?](#)

Abused Women's Helpline 24 HOUR: 519-642-3000

London and District Distress Centre Line: 519-667-6711 <http://www.londondistresscentre.com/>

The LDDC works closely with CMHA and with community callers with a variety of mental health concerns and/or situational stressors. They have a vast database of local resources and can easily point callers in the right direction. They also work with individuals/family members/friends regarding suicide.



24 HOUR Toll Free Helpline in Middlesex County: 1-800-265-5390

24 HOUR Sexual Assault Crisis and Support Line: English & Spanish 519-438-2272 or 1-877-529-2272

24 HOUR Provincial Assaulted Women's Helpline: 1-866-863-0511

Telehealth Ontario (Telehealth Ontario is a free, confidential telephone service you can call to get health advice or general health information from a registered nurse)

1-866-797-0000 or 1-866-799-0007

Kids Help Phone (confidential, under 20 years of age, 24 HOUR)

1-800 668-6868.

Mental Health Crisis Service in London 519-433-2023

211 Ontario <http://www.211ontario.ca/>

Canadian Mental Health Association CHMA Crisis Services

Crisis Response Line: 519-433-2023

General Inquiries: 519-434-9191

<http://www.cmha.ca/>

Peer Phonenumber @ UWO 519-661-3425

<http://westernusc.ca/service/the-peer-support-network/>

Peer Phonenumber hours: Monday-Friday 6pm-midnight

Students can access information and referrals to support services and resources over the phone

Fem'aide 1-866-336-2433

www.femaide.ca/

Ontario Francophone helpline for women dealing with violence

Who receives reports about sexual or gender-based harassment/discrimination at Western?

Reports about sexual or gender-based harassment/discrimination should be made to Equity & Human Rights Services. An online reporting form is also available at:

http://www.uwo.ca/equity/discrimination/help/reporting_form.html

Equity & Human Rights Services

Room 2319, Somerville House

519-661-3334 (on-campus, you may dial x83334)

equity@uwo.ca

Who receives reports about sexual assault or other criminal acts at Western?

Reports of sexual assault or other criminal acts can be made to Campus Community Police Services.

Campus Community Police Services (CCPS)

Room 57, Lawson Hall



Call CCPS at 911 or x83300 (via campus telephone)
Or call 519-661-3300 (via cell phone or off campus telephone)

If I've witnessed sexual/gender-based harassment or discrimination where can I report it off-campus? Where can victims go for support?

Women's Community House <http://www.shelterlondon.org>

Abused Women's Helpline 24 HOUR: 519-642-3000

Toll free: 1-800-265-1576

TTY: 519-963-0427

Women's Community House provides safety and confidential services to abused women in a non-judgemental environment. Our services include: emergency shelter, a 24-hour helpline; walk-in counselling and support centre; and a transitional outreach program. We also operate a second stage housing apartment building, family court support program, and a community group program for children.

Sexual Assault Center London

519-439-0844 <http://www.sacl.ca>

The Sexual Assault Center discuss the classification of sexual harassment which can be of assistance to victims in navigating their situation and offering resources and support For additional information visit their website at <http://www.sacl.ca/resources/sexual-harassment/>

London Abused Women's Centre (LAWC)

217 York St. Suite 107 London, Ontario

519-432-2204

Resources for women having recently left an abusive relationship: safety planning, counselling, referrals.

Changing Ways

388 Dundas Street, Suite 302B

London, ON N6B 1V7

519-438-9869

Treatment program for men who abuse in the London and surrounding area)

You can report also sexual harassment or violence to the following where applicable:

- **Police** 911/ 519-661-5670 (London Police Office)
- **Children's Aid Society** 519-455-9000 <http://www.caslondon.on.ca>
- **Campus Police @UWO** 519-661-3300 <http://www.uwo.ca/police/>
- **Department Supervisors/Chairs** 519-455-9000 <http://www.caslondon.on.ca>
- **Equity and Human Rights Services @ UWO** 519-661-3334 or ext. 83334
<http://www.uwo.ca/equity/about/contact.html>
- **PSAC Union Local 610** 519-661-4137 <http://www.psac610.ca>



What if sexual/gender-based harassment or discrimination is happening in my department?

If this is an incident you are facing, you might consider the following steps:

- Have a discussion with your peer/ colleague and ask what they need from you in terms of support
- Assess peer's safety and contact emergency services if needed
- Direct them to the services in this document
- Encourage peer to report incidences to Department Chair or Equity and Human Rights Services (they have a harassment/discrimination reporting form) or to other aforementioned resources if applicable. They can also fill out a harassment/ discrimination reporting form from Equity & Human Rights Services at Western

Are there women's shelters in London?

Women's Community House

101 Wellington Road, London, Ontario
450 Clarke Road (near Dundas), London, Ontario
519 642-3003
24 HOUR Helpline 519 642-3000 or 1-800-265-1576
TTY: 519-963-0427

A shelter for women who have been abused and their children. Women's Community House provides safety and confidential services to abused women in a non-judgemental environment. Our services include: emergency shelter, a 24-hour helpline; walk-in counselling and support centre; and a transitional outreach program. We also operate a second stage housing apartment building, family court support program, and a community group program for children.

Zhaawanong Shelter

256 Hill Street, London, Ontario
519 432-2270
For first nations women and their children, 24 hour care.

Rotholme Women and Family Shelter

42 Stanley Street, London, Ontario
519-673-4114
The Rotholme Women and Family Shelter supports women with children.

Salvation Army Centre of Hope

281 Wellington St, London, On, ON N6B 2L4
519-661-0343
<http://www.centreofhope.ca/>

The Unity Project

717 Dundas St, London, ON N5W 2Z4
519-433-8700
<http://unityproject.ca/>



Crash Beds Program

457 York Street, London, ON N6B 1R3

519-439-0239

Operates from 9:00 pm. to 7:00 am Available to both men and women that either cannot or will not access regular shelter beds, but is an alternative to sleeping on the street. Has 10 gender segregated beds for women and 11 beds for men, with separate entrances for each side. Rooms are individual and there is access to shower facilities and nourishment

How is Western committed to preventing sexual violence?

Western has made a commitment to promoting a safe campus. More information is available from:

Western's Sexual Violence-Safe Campus Website

http://safecampus.uwo.ca/sexual_violence/

"All members of the Western community have the right to study, learn, work and research in an environment free of sexual violence. Any and all acts of sexual violence will be addressed and individuals who have committed an act of sexual violence will be held accountable. Simply put, sexual violence is not tolerated at Western."

Western's Sexual Violence-Safe Campus Quick Reference Guide

<http://safecampus.uwo.ca/pdf/SV-Handbill-V3.pdf>

I haven't found what I am looking for-what other community agencies exist in London?

Further community resources such as legal aid, counselling and shelter in the London area can be found on this resource website provided by St Joseph's Healthcare:

<https://www.sjhc.london.on.ca/regional-sexual-assault-and-domestic-violence-treatment-centre/community-partners-and-links#3>

The London and District Distress Centre is a distress line that works closely with CMHA and with community callers with a variety of mental health concerns / situational stressors. They have a vast database of local resources and can easily point callers in the right direction. They also work with individuals/family members/friends regarding suicide. Both third parties and individuals thinking about ending their life.

519-667-6711

<http://www.londondistresscentre.com/>

The Health Line website helps you to find health and community services throughout Ontario. Simply enter your postal code to find resources near you.

<http://thehealthline.ca/>

Information London is an online directory of social services for London and Middlesex area.

<http://www.info.london.on.ca/>



Supervisor/Colleague Relations

If I'm having issue with a colleague or my supervisor where can I turn?

- Conflicts should be resolved as close as possible to the source of issue (i.e. lowest level of administration)
- Step 1: attempt conflict resolution with supervisor
- Step 2: supervisory committee
- Step 3: graduate or department chair
- Informal advice at each of these levels can also be obtained from the School of Graduate and Postdoctoral Studies:
http://grad.uwo.ca/faculty_staff/viceprovost/supervision.html

Is there an informal support space I can go to talk about a colleague issue, without filing a formal complaint?

A first step is to contact the **Ombudsperson** <http://www.uwo.ca/ombuds/>
519-661-3573
Western Student Services Building, Rm.3135

What other resources are available for supervisor vs. student mediation?

Where a matter between a supervisor or student may be related to harassment and/or discrimination, Equity & Human Rights Services is available to provide a confidential consultation to discuss the concerns and possible options for resolution, including alternate resolution proceedings and/or a complaint process.

Equity & Human Rights Services

Room 2319, Somerville House
519-661-3334 (on-campus, you may dial x83334)
equity@uwo.ca



Teaching Assistant Resources

How do I find out what my rights are as a teaching assistant? Can you tell me more about our union and the services they offer?

PSAC Local 610 is a union comprised of graduate teaching assistants (GTAs) and postdoctoral associates (PDAs) at the University of Western Ontario.

Bldg: 1313 Somerville House **General Inquiries:** 519.661.4137 **email:** psac610@psac610.ca

“The Local works to ensure that all the GTAs and PDAs are aware of their rights under this agreement, and that the terms of the agreement are honoured by the Employer. It also provides assistance to individual GTAs and PDAs in instances where the Collective Agreement is violated. Its elected officers represent the membership and act as advocates for GTAs and PDAs both individually and as a whole.

The Local also organizes our resources to provide benefits to our members; for instance, we are able to access extended health care coverage that supplements the Society of Graduate Students plan, and there are several bursaries and scholarships that you may be eligible for.

As well, the Local works with other groups in the University community to promote the concerns of teaching assistants and to ensure that community concerns are reflected in Local’s policies and priorities. We also work in partnership with other progressive and labour-movement organizations in our community to promote social justice and a decent quality of life for all.”
(source)

The union is supported by a host of committees addressing various concerns for GTAs and PDAs. A list of committees can be found [here](#)

The union also offers several benefits to GTAs and PDAs, including:

- **Extended health care plan (EHP):** The Extended Health Plan is a supplement to your existing health insurance (which may include the SOGS supplemental health plan, UHIP, OHIP, or some private plan). Ideally, you have at least one other health plan to rely upon and the EHP simply adds on a few extra benefits that your other insurance doesn't cover fully. The EHP also lets you get reimbursed for services you might otherwise not get covered, it tops up the cost of prescriptions, and it lets you cover, at least a little, family members that might otherwise get coverage on your plan. The EHP grants up to \$499 per academic year to all teaching assistants.
- **Food bank:** The Food Bank Committee administers and dispenses resources that have been budgeted to aid the Local’s members in the event that they experience financial shortage that affects their ability to purchase food for themselves and/or their families.
- **Scholarships:** PSAC Local 610 awards multiple scholarships once a year to members who demonstrate excellence in the areas of community involvement, academic achievement, and outstanding contributions to research.



- Financial Assistance: The Financial Assistance Fund exists to provide assistance to members who experience unexpected financial need. TAs who have held a teaching assistantship for at least one term in an academic year are eligible. This fund is structured as a series of streams to meet the unexpected needs of members who have exceptional demands upon their finances.

Teaching Support Centre

The Teaching Support Centre (TSC) at UWO is committed to fostering and enhancing best practices in teaching and learning at Western. Specifically, the TSC offers many resources to graduate students to help them become better TAs and future professors.

The TSC provides many free programs for graduate students, including but not limited to:

- Teaching Assistant Training Program (TATP): a weekend-long course for new TAs hoping to improve their skills.
- Advanced Teaching Program (ATP): a six-week, 20-hour-long course designed for advanced graduate students preparing to teach their own course(s).
- Graduate Studies 9500: An interdisciplinary graduate course on the theory of university teaching and learning.
- Future Professor Seminar Series: these seminars and workshops are offered throughout the year to provide graduate students with insights on the academic world.
- Teaching Mentor Program: a unique opportunity for graduate students to be observed in their teaching environment and to receive feedback from peers on their instruction methods and teaching philosophies.

