



FAQs: SJ OPERATING HOURS

Academic Term	FALL 2024
Program Operations Days	TBC - awaiting
Program Operations Hours	TBC - awaiting

Question	What is the Community Care Centre (CCC)?
Answer	The Community Care Centre is a vibrant provider of integrated health services, community programs, and peer education initiatives that enable student wellness. Our trauma-informed approach to accessing care and peer supports recognizes the importance of making connections through lived experience.

Question	Who can access the CCC?
Answer	The Community Care Centre is a place for George Brown College students who care about equity - and each other. Open to all, with a peer support focus on traditionally marginalized students who face barriers to care.

Question	Do I need to make an appointment?
Answer	No, our physical spaces operate as drop-in community health centres. Meaning, folks are welcome to drop by anytime between our operating hours.

Question	Where is the Community Care Centre (CCC) space at Waterfront?
Answer	The Community Care Centre's Drop-In Services and Centre Programming hours slightly differ across campus locations. At Waterfront, our Resource Room is located in rm. 033H (basement level).

Question	When are Drop-In Services and Centre Programming hours at Waterfront campus?
Answer	Our Drop-In Services and Centre Programming hours at Waterfront are Monday to Thursday, 10am to 4pm. TBC

Question	What can I expect during Drop-In Services and Centre Programming?
Answer	Our physical spaces operate as alternative community centres at CL, WF, and SJ. We provide health and wellness services, including a vast selection of FREE sexual health, menstrual health, pregnancy tests, harm reduction, oral care, and hygiene supplies. The Community Care Centre is designed with trauma-informed practices in mind. We're a safer space on campus open to all, with a deliberate focus on students from equity-seeking groups. Play board games with friends, stay for tea and coffee, or decompress in a sensory-friendly space between classes.

Question	What Equity Events or Programming can I expect?
Answer	Each month, we take into consideration equity days, significant dates, or celebrations that reflect our diverse student members. Whether a celebration, activity, or campaign activation, our goal is to strengthen students to live their whole selves with dignity in the classroom and beyond.

FAQ: WF OPERATING HOURS

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Question	What is Peer Support?
Answer	Peer support refers to relationships built between peers where no power imbalance exists. Peer support is informal, recognizes the importance of making connections through lived experiences. Recognizing the importance of peer support and making connections through lived experiences, the Community Care Centre takes a comprehensive approach to health and wellness by supporting students' health, emotional, and social well-being.

Question	What is meant by "trauma-informed" approach?
Answer	Our trauma-informed approach integrates an understanding of past and present experiences of violence, lived experience, or trauma into all aspects of service delivery and programming, with the goal of avoiding re-traumatizing individuals through informal peer-to-peer supports or referrals. It is not trauma treatment, nor is it intended to replace medical treatment or consultation with a qualified health or medical professional.

Question	What do Peer Education Initiatives look like?
Answer	The Community Care Centre uses a trauma-informed approach to peer support. Our aim is to offer informal support groups, activity-focused peer support (e.g., board games, crafting sessions), education activities or workshops, one-on-one peer support sessions with Equity Peer Workers, student advocacy, and creative care practices.

Question	Why Peer Support?
Answer	Because delivering a range of judgement-free front-line professional peer supports and creative care practices empowers students in their capacity-building for self-care, mutual care, and collective care. Peer support works because people who have shared lived experience can offer support, encouragement, and hope to each other when facing similar situations.

Question	How do I make a one-on-one appointment?
Answer	You can drop by our spaces in-person, or book a one-on-one appointment by emailing caresupport@sagbc.ca

Question	Sample Harm Reduction Resources?
Answer	<ul style="list-style-type: none"> •Safer Self-Harm Items •Naloxone, Overdose Intervention Kits •Rental Test Kits •RIV Self-Test Kits •Wound Care Items •Sharps Containers •Testosterone Administration Items •Hygiene Support Items •Safer Gender Affirmation Items •Safer Substance Use Literature •Safer Binding & Tucking Literature •Safer Testosterone Administration Literature •Community Resource Referrals

Question	What benefits or outcomes can I expect?
Answer	Peer support is grounded in the principle that students are the experts on their own lived experiences and needs. Students know their needs best. The outcomes, benefits, or expectations are shaped by individual needs. Equity Peer Workers and Care Staff are here to listen with care, explore options with students, focus on individual strengths, and offer internal, external and community referrals. Likewise, we're trained to communicate effectively and empathetically to develop an open, honest, safe and non-judgemental peer-to-peer relationship with students.

FAQ: CL OPERATING

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Question	What Health Resources and Services does the CCC offer to students?
Answer	There are a variety of types of resources, services, and supports that we offer to students. At whole, we administer resources, campaigns, and education outreach on: <ul style="list-style-type: none"> •Self-Care •Mental Health •Harm Reduction •Sexual Health •Menstrual Health •Oral Health •Hygiene •Safety

Question	What are sample Self-Care resources?
Answer	Creative care practices that foster community-building between students. Whether board games, buttons, zines, wellness widgets/fidgets, or teas and coffees, our spaces are intended to be alternative, physical spaces that are sensory-friendly, and low-barrier to accessing care.

Question	What are sample Mental Health resources?
Answer	Access informal, one-on-one peer supports with Equity Peer Workers. Referrals within the College, external supports, or community organizations. Campaigns and materials focused on advocating, educating, and centering issues from student members.

Question	Sample Sexual Health resources?
Answer	Have you seen our condom wall?! <ul style="list-style-type: none"> •Wast variety of condoms •Dental dams •Eubes •Insertive condoms •Sexual education resources •Community Referrals •And more...

Question	Sample Menstrual Health or Reproductive Justice resources?
Answer	<ul style="list-style-type: none"> •Menstrual pads •Tampons •Menstrual cups •Pregnancy tests •Community Referrals •And more...

Question	Can I request a Workshop, Campaign, or Classtalk from the CCC?
Answer	Absolutely. Here, we aim to offer equity events, programming, classtalks, or campaigns with a peer support focus on traditionally marginalized students who face barriers to care. Likewise, we believe in the importance of making connections through lived experiences. We offer classtalks or workshops that center the issues of students from the margins (i.e., Consent in the Classroom, Reproductive Justice, Pronouns 101, Let's Talk Harm Reduction). Committed to supporting and serving student

Question	Are these resources free to students?
Answer	Yes, most or all our resources are completely free to George Brown College students, grads, alumni, and community members. Through the Student Association, community partnerships, and donations, the Community Care Centre is a proud provider of health and wellness resources.

Question	What's unique about the St. James CCC space?
Answer	<p>Unique offerings at our St. James space include:</p> <ul style="list-style-type: none"> - The Kitchen Table: A kitchen space for students to meet, greet & eat with one another. Appliances include microwave, kettle, daily use of the fridge, and cutlery. - The Social Justice Library: A growing in-house alternative library of books, zines, and games. Stop by to research for your next assignment, or curl up with a book between classes. - The Community Room: A multi-purpose room equipped with a TV, white boards, basic stationary, yoga mats, and small work spaces. Whether we're hosting a crafting session, facilitating a workshop, or planning our next campaign, this is room was build to sustain creativity. <p>Tip: If you're interested in temporarily booking the room for your SAGBC Club or next group project, reach out to us by email at caresupport@sagbc.ca.</p>

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Question	What's unique about the Waterfront CCC space?
Answer	<p>Unique offerings at our Waterfront space include:</p> <ul style="list-style-type: none"> - Zen Den: A quiet, sensory friendly space to decompress between classes. (Or, take a quick cat nap). - Community Action Centre (CAC): The back half of our Waterfront space is where you can find campaign materials. It's for taking action on the issues you care about, because all have value. <p>The CAC is a resource for social justice organizing, building student capacity to get aware, engaged, and active on barriers to education.</p> <p>Note: As funded, the CAC activates external campaigns, including those through the Canadian Federation of Students (CFS).</p>

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Question	What's unique about the Casa Loma CCC space?
Answer	<p>Unique offerings at our Casa Loma space include:</p> <ul style="list-style-type: none"> - Board Game Wall: Have you checked out our collection of 250+ board games? Stop by for a round of play with pals inbetween classes.

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