

WE ARE MAKING A DIFFERENCE

# SOC&COM

**CSI Challenge  
Winners**

**WELCOMING NEW STAFF  
TO THE FSCS**

**Humber Curling  
Team Wins Nationals**

**Global  
Summer School**

**COIL Abroad:  
Denmark**

**Q SUMMIT**

**and more!**

## **WHAT'S INSIDE**

**Program & Faculty Highlights**

**Work-Integrated Learning  
& Community Partners**

**Global Learning and  
International Initiatives**

**Research & Innovation**

**Advancement and Alumni**

**Principal's Office**

**WE ARE  
FUTURE FOCUSED**

## Letter from the Senior Dean and Principal, Lakeshore Campus

Dear FSCS Community,

As we welcome the warmer weather and springtime blooms, we also look back on a very busy and successful winter semester. The winter 2023 semester was filled with opportunities, celebrations, new ideas and fresh faces in the FSCS. We welcomed four new Associate Deans within the faculty, each with their own rich experience that will benefit our programming and contribute to student success and innovation. Francis Syms and Nivedita Lane joined us from internal roles at the College, and we welcomed Steven and Sally from outside Humber. While it has been a long hiring journey, I am thankful we found such talented candidates to take on these roles. Ann Wallington and Emma Smith, both faculty members, also took on new roles as Academic Program Managers, whose experience will continue to inform our work at the administrative level. I know there has already been a very warm welcome to these folks, as I have come to know is the Humber way! I am very excited to have a full team and start to see the fruits of our year long realignment efforts.

The May and June period is a busy but exciting time; we are knee-deep into our annual academic planning sessions, where each program has time and resources to explore new ideas, and pathways and address issues to prepare for the fall. The consultative process is also a great chance for folks to meet staff from across different areas of the Faculty and understand how we work as a team and leverage our strengths.

Our students, as always, continue to amaze us both inside and outside the classroom. This April, I had the honour of attending and speaking at the Annual TPS Rover Investiture Ceremony. It was inspiring seeing 25 Humber students from our justice programs invest in the community and show their commitment and leadership in creating safer and more equitable spaces. Our students have also proven themselves as talented athletes: congrats to Zack Shurtleff, one of our BBS students, who helped lead the Humber Hawks Curling team to gold at the CCAA championships! We are also thrilled for Natasha Stasiuk, a DSW student, who is headed to Germany next month to represent Canada in golf at the Special Olympics.

It's great to see our students travelling abroad again for creative and unique learning opportunities. Within this edition, you will also read about the exciting hybrid COIL project that our students embarked on with UCL University College in Denmark. Our Forensic Identification students also made us proud, winning both 1st and 2nd place at the Robert Fram CSI Challenge at Mount St. Mary's University in Maryland this past February.

## Letter from the Senior Dean and Principal, Lakeshore Campus

Last issue we shared was about the exciting partnership with Othram Labs as part of our work in the Centre for Social Innovation (CSI). This winter we formally launched the CSI with a series of workshops led by Humber staff, students and community organizations. Over the three events on March 1, March 22, and April 3, we brought together over 125 students, faculty, and community members to engage in conversation and learning.

Through these facilitated workshops, participants worked with presenters to share feedback, ideas, and experiences related to their workshop theme. Topics included affordable housing, the new world of work, mental health crisis care, employment for individuals with developmental disabilities, police partnerships with the community, and more! This was a great start to the innovative work we will do in the CSI, and we look forward to continued engagement with the community.

In support of our Black and African community and to celebrate Black Heritage Month, we also had the privilege of hosting two events this semester. First was the Black Heritage 365: From Resistance to Resilience panel, which we hosted in partnership with the office of MPP Hogarth. This event showcased stories and advice from prominent Black figures from the Etobicoke – Lakeshore and Humber communities, we were thrilled to have Carla Neto, Ian Stewart, Jacqueline Edwards, Keddone Dias and the Honorable Jean Augustine as panellists. In early April, we also hosted a movie night featuring the screening of STEADFAST: The Messenger and the Message, a documentary on the life of the Honorable Jean Augustine. The film was an inspiring look into the story of Jean and her passion to support her community and advocate for change at all levels.

The film was also produced by her daughter, who attended the screening alongside Jean.

Lastly, this issue will give you a sneak peek into the next exhibit run by the Lakeshore Grounds Interpretive Centre.

The exhibit titled “Florals, Naturally” features the paintings of local artist, Courtney Carstens. Each piece is a beautiful take on local flowers in watercolour and will be on display from May 8 to July 28, on the third floor of the WEL.

Thank you all for your work this past semester, I look forward to celebrating our continued success later this summer.

Until we chat again,  
June MacDonald-Jenkins  
Senior Dean, Faculty of Social and Community Services  
Principal of Lakeshore Campus, Humber College

# Program & Faculty Highlights

**Welcoming the New  
FSCS Associate Deans**

**EMMA SMITH & ANN WALLINGTON  
SECONDED AS ACADEMIC  
PROGRAM MANAGERS**

**DSW Student Natasha  
Stasiuk to represent  
Team Canada**

**TPS Rovers host annual  
Investiture Ceremony  
and more!**



## Steven Chuang

On April 3<sup>rd</sup>, we welcomed Steven Chuang as Associate Dean in the Faculty of Social and Community Services.

Steven comes to us with 19+ years of multi-sector and multi-funded institutional experience, complemented by years of interdisciplinary expertise in education, urban equity, strategic planning, public policy planning, community-based development, and workforce innovation. He has demonstrated leadership and advocacy for youth/families' social justice, mental health, and health equity at the systems-change level. With more than 13+ years of successful recent teaching at the degree level, he is well-positioned to support the faculty through his knowledge and experiences in teaching and learning in technology-enhanced environments.

Steven was most recently the President & CEO of the YMCA of Greater Niagara, with a mission to create healthy communities. Previously, he served as Director of Pathways to Education in Regent Park, a national movement aimed at providing wraparound support to at-risk youth through high school perseverance toward graduation. A lifelong diversity advocate, Steven was a member of the Y National Advisory Council for Diversity, Equity, and Inclusion. He is currently Vice-President of the Board of Directors for Youthlink (Toronto's leading Youth Mental Health agency). He was a Canadian Delegate to the Y World Council 2022 and World Urban Network in Denmark to address global youth issues.

In 2018, Steven was invited as a keynote speaker for the City of Toronto's wellness and resilience conference. He was Steering Committee Co-Chair for SEEN Collaborative (five downtown Youth-serving agencies supporting east-end neighbourhoods), and MTO- Moving Towards Opportunity – a program designed to better prepare youth from low-income communities for sustainable employment, which is now undergoing program expansion and replication in other GTA communities. Steven has a Bachelor of Arts from the University of Toronto, a Masters in Environmental Studies/Community Policy and Planning from York University, and an MBA from Toronto Metropolitan University.

Welcome to the FSCS, Steven!



## Francis Syms

On February 6<sup>th</sup>, the FSCS officially welcomed Francis Syms into his new role as Associate Dean of Continuous Professional Learning (CPL). Francis joined Humber in 2019 in the role of professor and researcher in the **Protection, Security and Investigation** program. Francis has a Bachelor of Engineering and a Master of Applied Science with more than 20 years of industry experience in the areas of IT, business and product development, where he was a proven people leader.

He has managed large enterprise projects in the corporate environment, utilizing his strong personal approaches that we know him so well for here in the FSCS. He is a certified project management professional (PMP) which will serve him well as we focus on micro-credential development, CPL offerings that align with our existing programming and supporting the development of new and innovative approaches with the faculty to support continuous learning that aligns with our values, principles and goals within the FSCS.

Welcome to your new role, Francis!



## Nivedita Lane

On March 14<sup>th</sup>, we welcomed Nivedita Lane as Associate Dean in the Faculty of Social and Community Services. Nivedita comes to us from **Community Outreach and Workforce Development (COWD)**, where she has held the position of Manager, Community Development & Partnerships since 2017. Nivedita joined Humber in 2015 in our Student Success and Engagement area as Coordinator, **First Year Transitions**, after several years of progressive leadership working directly within the community with equity-deserving groups and community stakeholders to support youth access to education, training, and employment locally in the GTA. In her current role in COWD, she focused on new flexible education access initiatives with internal and external partners to address the needs of under-represented groups such as immigrants, marginalized youth, Indigenous Peoples, first-generation students, Crown Wards, unemployed individuals, and disadvantaged women in order to provide them with opportunities for accessing apprenticeship, post-secondary education and employment.

An institutional champion for equity, diversity and inclusion, Nivedita shares our FSCS values and approaches to support all learners to be successful. Nivedita completed the concurrent BA/BEd at York University and her Masters in Adult Education & Community Development at the University of Toronto. Nivedita is a fierce advocate for youth access to post-secondary education. She led the development of Humber's Youth Transition Program, in partnership with FLA, supported across the college and external community partners to help young adults in Humber's local communities find their way to higher education, whether they have completed high school or not. She has served on several internal strategic committees, including College Council and as co-chair for the Student Access & Equity working group on Humber's EDI Taskforce.

Welcome to the team, Nivedita!

Read online at [communityservices.humber.ca/news](https://communityservices.humber.ca/news)



## Sally Abu Sabaa

On May 1<sup>st</sup>, we welcomed Sally Abu Sabaa as a new Associate Dean within the Faculty of Social and Community Services. Sally comes to Humber from Toronto Metropolitan University (TMU) where she has been the Associate Director, Student Success, and Program Innovation for the past two years. A seasoned leader in post-secondary education, Sally brings a wealth of knowledge regarding supporting international and immigrant settler populations in the post-secondary environment. She recently led the overall restructuring and creation of the academic and administrative structures of the English Language Institute (ELI), introducing multiple student support and operational positions that would cover ESL international student lifecycle in pathway programs and create an opportunity for special professional language training programs. With our keen focus on supporting our expanding international student population and providing more pathway opportunities, Sally's recent work will be a considerable asset in supporting those efforts.

Prior to her time at TMU, she spent five years at York University as a manager and people leader looking at alternative delivery methodologies for English for Academic Purposes learners and provided leadership in the overall direction and delivery of all aspects of the York University Bridge (YUB) program achieving considerable growth during her tenure, making it the largest pathway program of its kind in North America.

With more than 10 years of experience as an educator and a learner, she is well-versed in the challenges, opportunities, and supports required to ensure faculty and students have the best possible experience in their learning environment. Sally's portfolio will include the Social Service Worker, Bachelor of Behavioural Science, Addictions and Mental Health (Post Graduate Certificate and Bachelor), and the Developmental Service Worker programs.

Please join us in warmly welcoming Sally to Humber and the FSCS!

# Emma Smith and Ann Wallington seconded as Academic Program Managers



On February 27<sup>th</sup>, we welcomed Emma Smith and Ann Wallington as Academic Program Managers (APMs) in the FSCS.

As the Program Co-ordinator for the **Bachelor of Social Science – Criminal Justice** degree since 2019, Emma has worked collaboratively with faculty on the development of new courses and strategies for hybrid learning. Emma's passion for student engagement is notable in the creation of program mentorship forums and dynamic networking activities. Most recently she aided in the conception of a Collaborative Online International Learning (COIL) project in partnership with the University of West Indies. Emma continues to be an active contributor on several FSCS committees that are focused on equity and accessibility in the workplace. Completing her doctoral studies in Communication and Culture from Toronto Metropolitan University and York University, Emma is currently working with the Toronto Police Service on the expansion of the Neighbourhood Community Officer Program.

Ann has been a full-time faculty member in the Faculty of Social and Community Services since 2015. Prior to this, she was a full-time faculty member and program co-ordinator at Seneca College. During her time at Humber, Ann has served on several committees including the FSCS Teaching and Learning Working Group, and Humber College Council. She has previously worked as an adjudicator on the Discipline Committee of the Ontario College of Trades. Ann has been involved in several research projects most recently as the principal investigator on a three-year project funded through NSERC – CCSIF. Ann holds a Master of Laws from York University Osgoode Hall Law School, a Master of Arts from Central Michigan University, a Bachelor of Arts from Laurentian University, a diploma in adult education from St. Francis Xavier University, and a certificate in adjudication from Osgoode Hall Law School/Society of Ontario Adjudicators and Regulators.

Please join us in welcoming Emma (*left*) and Ann (*right*) to this new role!

# TPS Rovers hosts annual Investiture Ceremony

The **Toronto Police Services Rovers Crew** hosted the Annual Investiture Ceremony in March. Twenty-five **Police Foundations Program (PFP)** students were formally invested by the 22 Division TPS Unit Commander, Anthony Paoletta. FSCS Senior Dean, June MacDonald-Jenkins was also present to support and congratulate students on their tremendous achievement, along with Scouts Canada and other TPS and Rovers dignitaries. PFP faculty members also attended the ceremony to support their students.

Rovers is a partnership between Humber College, TPS and Scouts Canada. Founded by PFP Alumni Scott Walker, the group seeks to instill members with community service, leadership, teamwork, communication and conflict resolution skills as students seek to pursue careers in policing and law enforcement.

On behalf of Police Foundations Program, we would like to wish congratulations to all 25 members for their hard work and dedication in achieving this recognition.



# Humber's Men's team Wins National CCAA Curling Championship

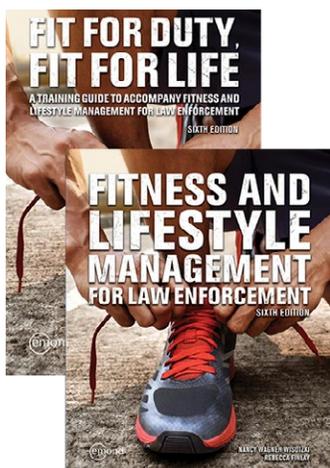
Humber's Men's Curling team made up of five players and coached by **Bachelor of Behavioural Science (BBS)** student Zack Shurtleff, qualified for the Canadian College Athletic Association (CCAA) hosted by Laurentian University and Curling Canada. Humber's mens team played off against 7 of the top college curling teams across Canada in a round robin finishing in second place at a 6-1 record. Humber faced their Ontario rivals of Sault College in the semis, winning with a dominant performance and moving on to play Southern Alberta Institute of Tech (SAIT Trojans) in the gold medal game. The game was tight and well-fought on both sides until Humber broke away with a big score midway through the game and won the CCAA Championship for the second time in program history! Congrats to the Humber (curling) Hawks!

Winning this championship granted the Humber Men's team entry into a Curling Canada-sponsored event called the Pointsbet Invitational in September against the top 16 men's professional teams in Canada, providing an opportunity to play against the best Canada has to offer, to be played in Oakville, Ontario, and chasing a prize purse of over \$350,000 in a sudden-death single-knockout format.



## Rebecca Finlay publishes new edition of the Fit for Duty textbook

**Police Foundations** (PFP) professor, Rebecca Finlay, recently published a new textbook titled “*Fitness and Lifestyle/Fit For Duty*”. This is the 6<sup>th</sup> edition of the textbook that has been designed to address the need for Canadian content on fitness training and wellness concepts specific to law enforcement and justice services. This edition achieves that goal by providing students with lifestyle considerations that are key to building a mind and body that can handle the rigours of a career in this field. Rebecca co-authored this book with Nancy Wagner Wisotzki. Read more about the publication [here](#).



## Peer Fit Challenge

The fifth annual Peel Regional Police (PRP) FIT challenge was a way for PRP to highlight their relationship with local Greater Toronto Hamilton-Area (GTHA) Colleges. Students from eight community colleges' law enforcement-related programs were competing this year, along with a small group of Peel Police cadets. This allowed students to showcase their physical fitness by completing the PIN test, a fitness assessment combining core endurance, flexibility, strength and cardio. This made for a fun and interactive day where students got a chance to network with other students and more importantly, recruiters with PRP.

Students from Humber's **Police Foundations** (PFP) program took part in this challenge. Student Mohammed said “We did very well. I met a few police officers and I got my questions answered, and also I checked the application that I applied for Auxiliary Police at Peel regain. It was a great opportunity to meet new people and get some information about my future job.”

Student Lakhwinder said “It was a great event and we both had fun. I have some questions regarding the physical tests and the requirement process and I learned about them from the officers. We engaged with officers and talk about policing and all. Overall, we learned a lot today.”

## Soheila Pashang co-publishes new book chapter

**Criminal Justice** faculty member, Soheila Pashang, recently co-published a new chapter in *Cultures of Silence: The Power of Untold Narratives*. This book investigates the notion of silence as both an oppressing instrument and a powerful tool of resistance under the lenses and practices of cultural production. This chapter titled *Gender-Based Violence and COVID-19 Pandemic: Addressing a Pervasive Public Health Issue Through an Upstream Multi-Systems Approach* was completed alongside Nazilla Khanlou and Luz Maria Vazquez. To read more about this publication, click [here](#).



## DSW Student Natasha Stasiuk to represent Team Canada for the Special Olympics in Berlin, Germany in June 2023

Natasha Stasiuk is a student in the **Developmental Services Worker** (DSW) program. She has been playing golf since she was 8 years old. Natasha has an intellectual “difference”, as she refers to her disability because “I just learn different”. It means that in-group environments, words get lost. Natasha also has autism. When she was eight, neither had been diagnosed. At the time, little attention was paid to the incidence of autism in girls and her learning difference was not yet known. Natasha did not feel like she belonged but most people assumed that was due to her shyness. Luckily for Natasha, when she was only eight, golf pro Nick Starchuk came to her school to teach golf in gym class. Nick saw something and spoke to her parents, who soon signed her up for lessons at Glen Abbey Junior Academy. The group-learning environment was far from ideal: losing words meant she did not always understand. Her visual learning skill more than made up for that. She quickly grasped golf techniques and began to show talent. Interestingly, she did not like the feel of a golf glove and plays without one. Only recently has Natasha learned that this is a sensory issue related to autism.

Natasha never believed that she could do it, but she did. She went on to win different trophies at events. Most recently, Natasha won the Clublink Heron Point Women’s Championship (2019 and 2020), Golf Ontario Disability Women’s Championship (2019, 2020, 2021 and 2022) and the inaugural Canadian All Abilities Women’s Championship in 2021 and 2022. When Natasha heard of the USGA having their **Inaugural Adaptive Open** at Pinehurst No.6 this year, she put her name in immediately. There are very few golfing opportunities for those with a disability where they can feel comfortable and not judged. Stasiuk was selected as one of seven Canadians (and the only female)

to take part in the event from July 18-20, 2022.

The 3-day event was not cut and included 96 golfers from ages 15-80. There were 11 countries represented and 8 impairment categories (arm, leg, multiple limbs, intellectual, neurological, seated, short stature and vision). Stasiuk finished 5<sup>th</sup> of 18 female players and 2<sup>nd</sup> in the intellectual impairment category (2 strokes behind the winner). Based on her placement, Stasiuk has an exemption to play again this year!

Natasha will also be representing Team Canada for the Special Olympics in Berlin, Germany in June 2023. She will be on the Golf Team and she will be the only Ontario Player on the Men’s and Women’s Sides. Natasha also hopes that she can encourage someone who is just like her to try the game and see if it will bring them the same happiness as it has brought her. No doubt, she will use her own life experience to make wonderful contributions to the lives of others!

Natasha was also featured in an article in the Oakville News as she was the recipient of the very prestigious ‘2023 Courage Award’. This award was presented to Natasha because they described her as someone who “*personifies the five pillars of the Courage Award: Dream Big & Never Stop Dreaming; Work With Mentors & Mentor Others; Learn From Failure; Give 100% At All Times; and Never Quits*”. You can read more about Natasha’s success in golf and her award [here](#).

The DSW Program faculty and students, and the Humber College community are so proud of Natasha, her hard work, dedication and all of the successes she has achieved in the DSW Program and in golf! All the best to you this summer of 2023 when you travel to Berlin, Germany!

## Ken Robertson – Panel Member at Recent Autism Summit



Kenneth James Skwleqs Robertson, known by many as Ken Robertson, is a student in the **Developmental Services Worker** (DSW) Program. Ken is an Indigenous-Canadian, specifically from the Neskonlith Indian Band, located in the south-central part of British Columbia and the father of four children, three of whom are on the autism spectrum. He is a strong advocate for the rights of Indigenous Peoples and children with disabilities.

Ken is also the chair of **Four Directions Autism**, a support group that works one-on-one with off-reserve First Nations People, Inuit, Métis, Non-Status and Native children with autism. He is a former Board Member of “Autism Ontario” and a current member of the Implementation Working Group with the Province of Ontario. He has successfully launched a House of Commons E-petition advocating for services for First Nations families off-reserve. In 2020, he received Canada’s Meritorious Service Medal (Civil Division) from the Governor General, her Excellency the Right Honourable Julie Payette, on the recommendation of the Civil Advisory Committee (2020). Ken also ran for federal politics as a Green Party candidate in the 2014 Ontario provincial election in Etobicoke North and previously ran for his band council. In 2021, he ran as a Liberal candidate in South Okanagan West Kootenay, British Columbia.

On April 19<sup>th</sup>, Ken presented and chaired a panel presentation on “Centering Indigenous Perspectives: How can a federal strategy help?” at the **9<sup>th</sup> Annual Canadian Autism Leadership Summit**. The panel consisted of leaders and organizations from Indigenous communities who shared perspectives on autism in their communities, including the current barriers that families face, and what the federal government can do to support them.

# Recent FSCS Academic Events

## Humber Pathways Fair 2023

January 24 & 25, 10:00 a.m. – 1:30 p.m.

Humber College recognizes that education and career experience are not linear. A full range of credentials enables Humber to meet the lifelong learning needs of its students as they transition from and between high school, post-secondary education, and employment. The key to facilitating these transitions are pathways and recognition of prior learning (RPL). A robust pathways system provides all learners with efficient and equitable access to and mobility through post-secondary education in pursuit of their academic and career goals; an effective RPL process ensures that all learners are recognized at every stage of their academic journey for their skills, knowledge and prior learning achieved in and outside the classroom

One of Humber’s strategic priorities is to provide students with more choice, mobility, and access to advance their education at Humber or a partner institution. Our students have a unique advantage at Humber; because of our partnerships, our credentials are recognized globally, fostering pathways to a variety of credential levels. The Pathways Fair was a popular event that allowed students to explore transfer opportunities.

Humber offers more than 30 degrees and 54 Ontario Graduate Certificates. We have over 80 pathways from Ontario Graduate Certificates to master’s programs at partner institutions and over 100 diploma to degree pathway opportunities.



## Recent FSCS Academic Events (cont'd)

### FSCS Awards Ceremony

February 1, 11:00 a.m. – 1:00 p.m.

To celebrate Faculty of Social and Community Services student's success, we hosted the 2023 FSCS Awards Ceremony, which recognized hard work and achievements of students. Scholarships were awarded at the ceremony, based on both student applications, and faculty selection.

Congrats to our 2023 recipients!



## DSW PC Andrea Rutherford, as panelist on alumni's webinar



On March 1, 2023, Andrea Rutherford, Program Co-ordinator in the **Developmental Services Worker** (DSW) program, was invited to participate as a panelist for a webinar hosted by DSW graduate, and current Program Advisory Committee (PAC) member, Donald Guse Salah.

Donald graduated from the DSW Program in 2013 with honours. As an outstanding student, Donald also received the following awards:

- President's Letter x2 – Presented to the student with the highest average; received for semesters one and four of the DSW Program
- The REENA Award – Presented to a student who has made outstanding contributions to field placement in working with individuals with complex physical/mental health needs, as recommended by faculty to the Dean
- The Tyler Williamson Memorial Award – Presented for outstanding achievement in the DSW Program
- Pharmacology/Health and Wellness Award – Awarded for outstanding academic achievement, as well as active participation in Pharmacology and Health and Wellness courses

The webinar, hosted by Donald in his role at the Ontario Chamber of Commerce's **Discover Ability Network** program, featured subject matter experts to address issues and spark conversation about Diversity, Equity and Inclusion (DEI). Titled '*There is No DEI Without Disability*' the DEI movement is firing on all cylinders, full speed ahead... or is it after?

Despite all the conversations, policy, press, and general fanfare around the DEI movement, something is missing.

The webinar addressed the fact that the largest minority group in the population, which continues to be dramatically under-represented in the workforce and intersects at an equal percentage with all population demographics, is frequently absent: people with disabilities. The webinar was intended for any organization with a DEI policy or working in the DEI space and this webinar was a focused discussion about how DEI cannot be accomplished without including people with disabilities as a core component of the movement, and why employment is the area of greatest return.

Panelists also included Neil Belanger (Maluu'm Amxsiwaa) - Chief Executive Officer of the British Columbia Aboriginal Network on Disability Society, and Bob Vansickle - Former Manager of Employment Services at Community Living Sarnia-Lambton.

By the end of this well-attended webinar, participants were able to:

- List different types of disability, and state the inseparability of disability with other demographics
- Identify the importance of workforce participation to the success of DEI efforts, and commonly cited barriers to workforce inclusion
- Identify practices to support successful hiring and retention of PwDs

DSW program faculty and students, and the entire Humber College community are so proud of the work and ongoing accomplishments and contributions that Donald makes to the field of developmental services and his advocacy work towards equity for access to employment for all people with developmental and intellectual disabilities!



## FI Students Partake in Annual Recovery Scattered Remains Lab

In early April, Humber's **Forensic Identification (FI)** program hosted the annual recovery of surface-scattered remains lab in collaboration with various community partners. Experiential learning opportunities like this one, would not be possible without the valuable partnerships Humber College maintains with industry experts. Toronto Police Service Constable Niruban Ganeshalingam of the Public Safety Response Team, joined the Forensic Identification class and used their drone to demonstrate how captured images can visually assist in understanding and maximizing search parameters. The drone produces precise 3D mapping in order to understand how the remains were scattered. Toronto Police Sergeant Dave Dickinson and his cadaver dog, Briggs, were put into action and aided in detecting the human remains. When Briggs detected the scent of human remains, Briggs would immediately sit and be rewarded by Sergeant Dickinson with a round of ball playing.



The Toronto Police Mounted Unit, led by Training Constable Joel Houston, demonstrated search techniques and the added visibility that horses allow the riding officers to observe, widening search areas. The exercise was led by Forensic Anthropologist Greg Olson who guided the students on how to search large areas and recover surface scattered remains. Kylee Best, Forensic Human Remains Analyst with Ontario Forensic Pathology Service, was an observer of the lab, to ensure that industry's best standards of practice were being applied to the recovery of surface-scattered remains.



*Thanks to all involved* – this was an impactful and innovative hands-on learning experience for our students.

# Work-Integrated Learning & Community Partners

## Spotlight on Community Partner

Albion  
Neighbourhood  
Services

# Welcome to the WIL Centre

Follow us on Social Media!



#HumberFSCS

## Spotlight on Community Partners

### Child and Youth Care (CYC) diploma program

#### Albion Neighbourhood Services

**Albion Neighbourhood Services** is focused on partnering with the community in order to provide programming that is interactive, engaging, and accessible to community members. The agency recognizes and appreciates substantial differences among community members, including varying beliefs, values, or lived experiences. The agency also works to foster collaboration among employees, volunteers, and clients, while also ensuring the necessary supports are provided for individuals with social barriers.

Through providing various programs and/or services, such as youth evening programs or children's afterschool services, Albion Neighbourhood Services works to also empower and promote resiliency among young lives. The agency provides space for Humber students to gain transferrable skills needed for the workforce through their Boys and Girls Club, Homework Help, Podcasts, and Newcomer services. As such, Albion Neighbourhood Services holds and implements the values of diversity, collaboration, equity/access, accountability, client-centered, and respect/dignity within programming and services for the community.

Albion Neighbourhood Services also partners with the **Community and Justice Services (CJS)**, **Social Service Worker (SSW)**, and **Bachelor of Community Development (BCD)** programs in the FSCS!



Boys & Girls Club  
of Albion

# Global Learning and International Initiatives

## COIL Abroad: Denmark

Global Speaker Webinar:  
Approaches to Care

Global Summer  
School



Follow us on  
Social Media:    #HumberFSCS

# COIL Abroad: Denmark

During Winter Reading Week, a group of eight students from degree programs across the **Faculty of Social and Community Services (FSCS)**, flew to Denmark, accompanied by Global Learning Coordinator, Ayesha Amin, faculty members and Program Co-ordinators, Julie Muravsky (**Bachelor of Addictions & Mental Health**) and Linda Hill (**Bachelor of Community Development**).

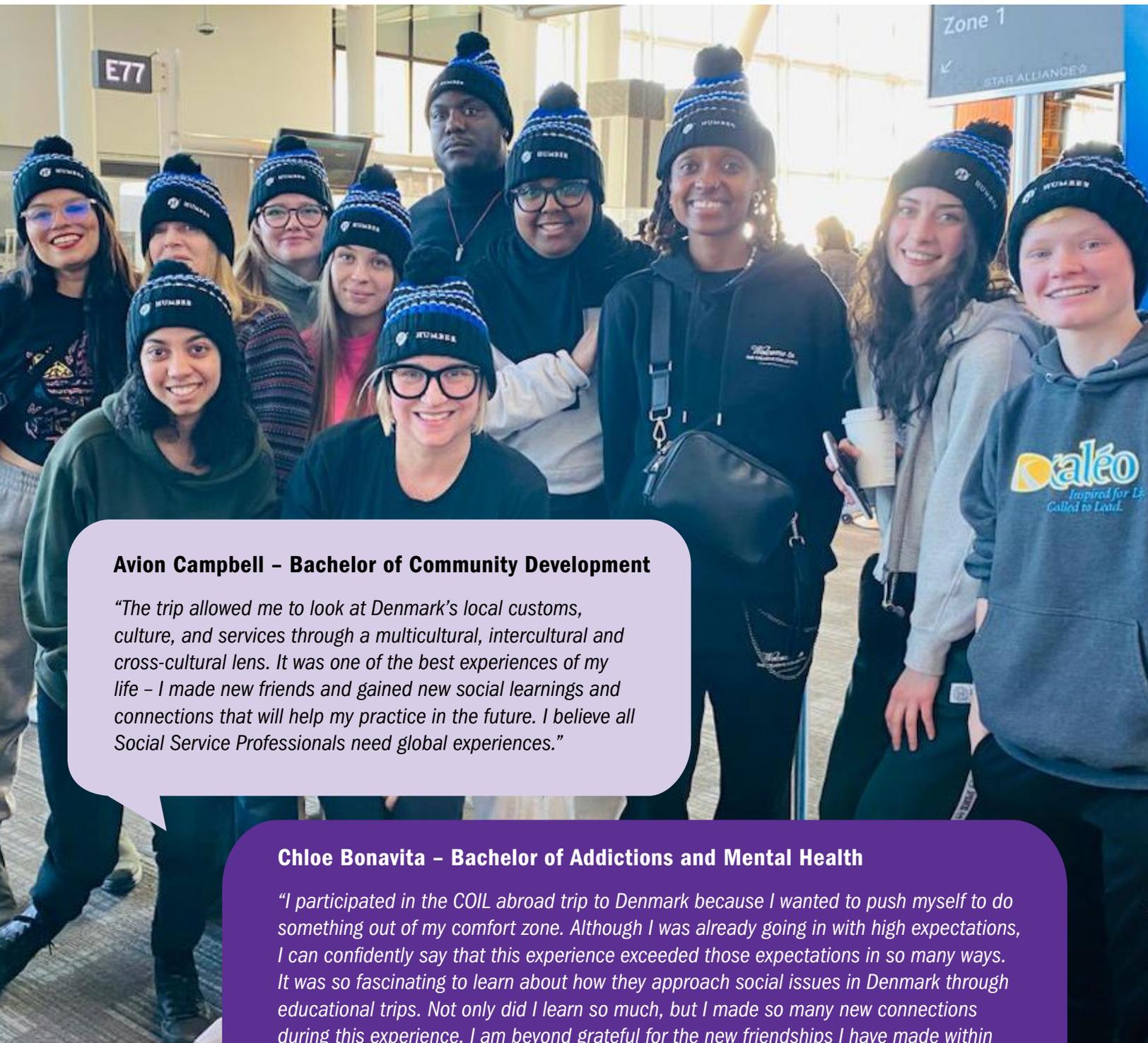
In line with Humber's **Internationalization Strategy Pillars 3** (Taking Humber to the World) and **4** (Globalization of Humber's Polytechnic Identity), this week-long faculty-led trip was part of a hybrid three-week Collaborative Online International Learning (COIL) project, with long-standing

academic partners, **UCL University College Denmark** who have collaborated on COIL initiatives with the FSCS since 2021, as part of their Interprofessional Learning program (called "TIP"), with students in their Social Work, Social Education and Teacher Education programs.

This COIL abroad enabled students to connect, learn from and with, collaborate on, and immerse themselves in, an intercultural and interdisciplinary case study analysis, in which students from Humber and UCL were grouped together to develop a case study and present a video on how they would respond using an interdisciplinary, international approach to support.



## COIL Denmark (cont'd)



### **Avion Campbell – Bachelor of Community Development**

*“The trip allowed me to look at Denmark’s local customs, culture, and services through a multicultural, intercultural and cross-cultural lens. It was one of the best experiences of my life – I made new friends and gained new social learnings and connections that will help my practice in the future. I believe all Social Service Professionals need global experiences.”*

### **Chloe Bonavita – Bachelor of Addictions and Mental Health**

*“I participated in the COIL abroad trip to Denmark because I wanted to push myself to do something out of my comfort zone. Although I was already going in with high expectations, I can confidently say that this experience exceeded those expectations in so many ways. It was so fascinating to learn about how they approach social issues in Denmark through educational trips. Not only did I learn so much, but I made so many new connections during this experience. I am beyond grateful for the new friendships I have made within Humber as a result of this trip, along with those friends in Denmark, who were so amazing and took the time to make us feel welcome, show us around, and teach us about Danish culture. This experience really opened my eyes to the type of views held in another part of the world, which has allowed me to continue my learning with a wider perspective.”*

## Global Speaker Webinar: Approaches to Care

On March 27<sup>th</sup>, the **Faculty of Social and Community Services (FSCS)** hosted a Global Speaker Webinar on *Approaches to Care - Mental Health & Addictive Behaviours*, in partnership with **Saxion University**, in the Netherlands. This free webinar brought together an expert working in the sector of mental health and addictions, from both Canada and the Netherlands, to share their work. Students from both universities attended, and had the opportunity to learn, and compare, the approaches being taken in both countries, in the same field of work, and ask questions directly to the field experts. Amanda Lamb, Director of the Centre for Family Initiatives at **Pine River Institute** in Canada, spoke about the Maturity Model, an emotional development model used at Pine River. She was joined by Dr. Neomi van Duijvenbode, a Health Psychologist & Researcher at the Centre of Intellectual Disability and Psychiatry, in the Netherlands, who presented on dual and triple diagnoses.

Global Speaker Webinars offer students a free and accessible way to expand their global perspectives and networks, which is truly an essential skill in today's globalized world. The FSCS has hosted Global Speaker Webinars in partnership with different academic institutions globally on various topics, including Local and Global Supports for Children and Youth, Understanding Neurodiversity, and Supporting Quality of Life for Seniors.

**HUMBER**  
Faculty of Social & Community Services

**SAXION**  
UNIVERSITY OF APPLIED SCIENCES

**GLOBAL SPEAKER WEBINAR**  
**APPROACHES TO CARE - MENTAL HEALTH & ADDICTIVE BEHAVIOURS**

Humber College (Canada) and Saxion University (Netherlands) are pleased to welcome professionals in the field of mental health & addictions, to share about their approaches to client care. Students from both institutions are invited to hear directly from the speakers, to compare and contrast service provision across the world.

**AMANDA LAMB**  
DIRECTOR OF THE CENTER FOR FAMILY INITIATIVES  
Pine River Institute  
Canada

**DR. NEOMI VAN DUIJVENBODE**  
HEALTH CARE PSYCHOLOGIST & RESEARCHER  
Centre of Intellectual Disability and Psychiatry  
The Netherlands

**MONDAY, MARCH 27**  
9:30-11 AM EST | 15:30-17:00 CET

REGISTRATION:

<https://forms.office.com/e/6DUhKumd22>



## Global Summer School

Humber's **Global Summer School (GSS)** is back! July 4 - 21, Humber will be hosting students from across programs at Humber, other academic institutions around Canada and students from across the world, for three weeks. GSS gives students an opportunity to take a Humber class, and get academic elective credit for it, all while making friends around the world, and participating in fun, social activities, such as a boat party, trip to see Niagara Falls and the Blue Jays, global-related games, and more. GSS has so far hosted students from 35 different countries around the world, 33 different academic institutions, and 45 programs.

Every Faculty at Humber offers a course to pick from at GSS, and the FSCS course being offered this summer is once again **Transformational Leadership and Advocacy**, a class from our **Community Development** program. This course provides an overview of the principles and practices of transformational leadership, and a chance to reflect on the challenges facing leaders and to create plans for community action and development, giving students a pathway to lead and manage groups of people and organizations, implement communications strategies for social change, analyze their role as practitioners and advocates, and increase their competency as a transformative leader. **Registration for GSS opens March 27 and closes May 12, 2023.**

# Research & Social Innovation

## Q Summit

### CSI CHALLENGE WINNERS

### Exploring Social Innovation at Humber





*Q Summit Project Team: Lakeshore Arts and Rex Pride workers and FSCS student mentors; Lexi and Rendel.*

**The Faculty of Social and Community Services (FSCS)** was awarded a grant from the Community Partnership Fund under the leadership of professor Linda Hill. The project entitled *Q Summit: Creating Safer Space Through Art* is a partnership between FSCS, **Lakeshore Arts** and **Rex Pride**.

The Q Summit Project is an arts-based initiative that engages high school students and young adults from the LGBTQ+ community. A workshop series using mixed media (clay, paint, collage, etc.) is being facilitated weekly throughout the Winter 2023 semester, culminating in a weekend Art Retreat in May that will include 20 youth,

art educators and FSCS students who are working as Peer Mentors using a community development approach to engage youth. The Spring Art Retreat will bring participants together at the North Campus and include a three-day residence experience. The retreat will enable youth to celebrate their accomplishments, take leadership workshops, network and experience campus life. The event will expose equity-seeking youth to post-secondary education to build youth confidence that they can find and foster safer spaces on campuses, feel a sense of belonging and see post-secondary opportunities for themselves.

Follow us on Social Media!

   **#HumberFSCS**

For information on this project, contact:

**Linda.Hill@humber.ca**



# CSI Challenge Winners

The Mount St. Mary's Criminal Justice Association's Officers, and the Frederick Police Department in the state of Maryland, worked hard to provide a realistic and stimulating crime scene investigation that tests students' abilities at critical thinking, teamwork, crime scene proficiency, forensic knowledge, and collegiality. On February 25, 2023, 18 teams competed in the Robert Fram CSI Challenge. Each team had to proceed to the 'Briefing Room'.

In the 'Briefing Room', each team received an evidence kit for use in collecting, preserving, and identifying evidence. Additional bags and envelopes for collecting evidence were provided. Teams received a packet of instructions with dispatch information and location concerning the call to service they were investigating. This was followed by an oral briefing in which additional questions could be asked and answered. All teams were dispatched to their respective crime-scenes simultaneously and from the time they arrived, they had 50 minutes to process the crime scene and interview witnesses. Judges (Frederick Police Department Crime Scene Investigators) were located at the crime scene and outside the crime scene to observe and grade the actions of the team.

When the time has elapsed at the crime scene, teams had to leave their scenes, and transport all written materials, designated evidence, photos, sketches, etc. to adjacent rooms marked 'Squad Room' for completing the final phase of the challenge. In the Squad Room, each team had to complete a final report of their crime scene investigation and submit it for judging. Teams also submitted a crime scene rough and final sketch, evidence collected, and show the judge photographs taken, explaining how and why they were taken. Teams had 50 minutes to complete this phase of the investigation.

Upon completion of all teams, scores were tallied and the final marking was completed. The Humber College **Forensic Identification (FI)** graduate program had two teams enter in the competition.

**Of the 18 teams competing, Humber College placed 1<sup>st</sup> and 2<sup>nd</sup>.**

Team names:

**T.O. TRIO – 1<sup>st</sup> place**

***Nick Popov, Cora Pouliot and Romina Saramout***

**InvestaGators – 2<sup>nd</sup> place**

***Victoria Purnwasi, Ryan Trenton and Megan MacNeil***

## CSI Challenge Winners (cont'd)



### VICTORIA T PURNWASI

“The Robert Fram CSI Challenge was an amazing opportunity to further develop the foundational skill set that the Forensic Identification Program offers. Weekly training and practice with the faculty and the team was not only informative and constructive, but also a lot of fun! Now I have more confidence in my abilities and have gained great experience in team building and application of knowledge. Accomplishing our goal and measuring up against schools across North America leaves me with no doubt that this program and this extra-curricular opportunity has set me up for future success in the field of Forensics.”

### CORA POULIOT

“Participating in Mount St. Mary’s University CSI challenge has been an unforgettable experience. Not only has this opportunity, expanded my knowledge and passion for the field of Forensics, but with it, I was able to form great friendships and memories that will last a lifetime. Aside from our successful outcome, the opportunity to challenge ourselves and utilize our learned knowledge in such a unique situation felt especially rewarding. All six of us worked exceptionally hard both in training and in competition, and our success was well-earned. However, we could not have succeeded without the profound support and guidance from our program’s faculty and professors.”

# Exploring Social Innovation at Humber



Over the course of the Winter 2023 semester, the **Centre for Social Innovation** hosted its inaugural Social Innovation Workshop Series. The events on March 1, March 22, and April 3 brought together over 125 students, faculty, and community members to engage in conversation and learning. The workshops highlighted that social innovation truly is everywhere, as participants heard from faculty, students and community organizations about initiatives and research that they are championing and why this work matters to their community.

Through facilitated workshops, participants worked with presenters to share feedback, ideas, and experiences related to their workshop theme. Topics included affordable housing, the new world of work, mental health crisis care, employment for individuals with developmental disabilities, police partnerships with the community, and more.

As the newest in the **Centres of Innovation (COI) Network** at Humber, the Centre for Social Innovation began activities in 2022. Our aim is to address systemic social barriers and open up social opportunities. We do this by working alongside equity-deserving populations and the community organizations that support them.

For more information about the Centre for Social Innovation and our future events, please visit [www.humber.ca/socialinnovation](http://www.humber.ca/socialinnovation).

## OUR WORKSHOPS:



### **Looking for Answers Within: How the Non-profit Sector Can Take an Asset-Based Approach to the Privatization Crisis**

*Benjamin Miller (Ontario Non-Profit Network)*

Countless critical services, from long-term care to childcare, are being turned over to for-profit actors, who are incentivized to spend as little as possible on quality and cease services when it becomes more profitable to sell critical infrastructure. Expanding the delivery of these services by nonprofits would have several advantages, but a lack of capital and workforce is in the way. In this workshop, students, community members, and faculty with a wide range of experience discussed how the nonprofit sector could draw on its own resources to overcome these barriers in new and innovative ways.

**OUR WORKSHOPS (cont'd):**



**Developing a Best Practice Model for Mental Health Crisis Care: A Community-Engaged Approach**

*Polly Ford-Jones, Danielle Pomeroy, and Sheryl Thompson (Humber College)*

This workshop shared a brief summary of the project’s research goals, process, and current findings regarding response to emergency mental health calls. The perspectives of emergency services, community-based organizations, and community members with lived experiences were highlighted.



**Highlighting the Indigenous Economy through the Power of Storytelling**

*Audrey Wubbenhorst, James Henebry, and Patrycja Szkudlarek (Humber College)*

The Insights team presented their collaborative work, which is being completed in partnership with the Canadian Council for Aboriginal Business. These include case studies on Indigenous entrepreneurs, which are open educational resources available for free at [www.insights.ca](http://www.insights.ca).

**OUR WORKSHOPS (cont'd):**



**Policing and Community Partnerships:  
Learning From Each Other**

*Emma Smith and Doug Thomson (Humber College)*

In partnership with the Toronto Police Service, Humber College has helped to analyze and enhance the effectiveness of the Neighbourhood Community Officer Program (NCOP) throughout select neighbourhoods in Toronto. The Neighbourhood Community Officers aim to move away from the traditional policing model of crime control and more towards community wellness and engagement.



**Aging in Place: Examining Community Care  
Resource Needs**

*Alexa Christopoulos and Lisa Post  
(Humber College)*

Humber Community Development students, Alexa Christopoulos and Lisa Post presented their capstone project. This research project explores what resources a community care model would have to provide to allow seniors to age in place safely and independently. Their workshop aimed to shift perceptions of aging and inspire future research in the sector.

Read online at [communityservices.humber.ca/news](https://communityservices.humber.ca/news)



**OUR WORKSHOPS (cont'd):**



**Engaging and Educating Young-Adult Cannabis 2.0 Consumers**

*Daniel Bear (Humber College)*

Public education campaigns about drugs have often relied on fear and stigma to dissuade drug use, but doing so rarely works, and leaves consumers without evidence-informed information about how to reduce potential harms. Instead, we developed Weed Out Misinformation, a harm-reduction and benefit maximization campaign for cannabis consumers. We utilized a human-centred design approach, and, at the workshops, asked participants to help us develop improved methods of connecting with stakeholders in future work.



**Sexual Assault and Police Reporting - What Data Can & Can't Tell Us**

*Seval Ogutcu & Izabella Dulinska (Humber Students – Bachelor of Social Science. Criminal Justice)*

This session discussed the shift that occurred during Covid-19 lockdowns, where communities and law enforcement agencies saw sexual assaults move from public spaces to inside the home. Our research focused on factors, such as economic instability and social distance, that further “trapped” and victimized women experiencing sexual assault. We compared crime patterns in 11 neighbourhoods in Toronto and examined the occurrence versus reported sexual assault crimes. Our research displayed an alarming wait time for victims to report sexual assaults, prompting us to predict a future spike in reporting of sexual assaults from our time in lockdowns.



**New World of Work**

*Jeremy Staples (Humber College)*

This workshop explored the impact of exponential change driven by the pandemic, inflation and technology on organizations. As organizations are trying to navigate this New World of Work (NWOW) the ORI research team is looking to measure the impact of building Organizational Health (OH) capacity in organizations so that they are more effective at responding to rapid change.



**OUR WORKSHOPS (cont'd):**



**Community Agency Partnerships: Best Practices for the Creation of Healthy Communities**

*Ann Wallington (Humber College)*

This workshop explored research completed in partnership with the John Howard Society of Saskatchewan and Street Culture Project Inc. which examined the characteristics of effective community agency partnership networks. Ann spoke to the group about data on current best practices within existing community agency partnership networks and engaged attendees on how we can continue to strengthen these partnerships and ensure agencies are offering trauma-informed, culturally sensitive, and antiracist programming that is also committed to reconciliation.



**Community-Based Participatory Research and Housing Affordability**

*Salomeh Ahmadi (Humber College)*

The **South Etobicoke Housing Affordability** project is a partnership between the LAMP Community Health Centre and Humber College. Using community-based participatory research we uncovered cost of living issues for renters. Our work involved gathering input from marginalized community members to assess housing affordability, co-develop strategies and solutions around housing affordability, and advocate for the building of affordable housing through social policy change.



**Employment for Individuals with Developmental Disabilities**

*Inés E. de Escallon  
(Family Support Network for Employment)*

In Canada, 26% of individuals with intellectual disabilities are working, compared to 53% of those with other disabilities. The family-led coalition, Family Support Network for Employment, facilitated an understanding of where stakeholders fit into the Relationship-Consultative-Selling with Third-Party Support Representation Employment Model, aiming to inspire investments in a social innovation system shift.



**Social Services in a Time of Crisis: What Can Nonprofits Learn From Their COVID Response**

*Saadia Akram-Pall & Nasrin Hotaki  
(Rexdale Women's Centre)*

The pandemic was an unprecedented global phenomenon that starkly increased the need for social services and strained many non-profit organizations. This workshop examined how the Rexdale Women's Centre navigated the pandemic and how those lessons can be applied moving forward.

# Advancement and Alumni

## FSCS Alumni Stories Nancy Omar Iman Minaz

# Alumni Stories

Follow us on Social Media:    #HumberFSCS

## Nancy Omar – SSW Program

I'm an Egyptian who came to Canada in 2019 with my family. I came filled with many hopes and dreams. My biggest dream was to pursue a career path that would allow me to help people and contribute to the greater good of humanity. Shifting my career was a big decision, but I was very excited to do it because coming to Canada offered me a brand-new beginning.

I pursued studies at Humber College as a **Social Service Worker (SSW)**. I applied as a mature student, and the day I got accepted at Humber was a milestone I celebrated with my family.

I began my journey at Humber in September 2020 during the pandemic. The online environment didn't stop me from trying my hardest, especially with the help and support I received from my professors at Humber. This nurturing environment allowed me to excel at my studies and become a peer tutor in Peer Assisted Learning Support (PALS) to help my peers.

I graduated in June 2022 with honours and was awarded the Academic Award of Excellence for attaining the highest GPA in the Social Service Worker diploma program. The pearl of knowledge I received at Humber College will forever guide my career and my life.

After graduation, I applied to the Indigenous social work program at Laurentian University to broaden my perspective and develop an Indigenous approach to social work to serve more people. I'm also a volunteer at Victim Services Toronto in the crisis response team that assists people in the immediate aftermath of a crime or sudden unexpected tragedy. My goal is to pursue my master's in social work and continue to serve people. I also wish to become a professor someday! Who knows? The sky is the limit!



## Iman Minaz – ADMH Program

I graduated from the University of Toronto with a double major in Psychology and Health Studies. I've always had a deep interest in healing different forms of trauma; my father is in active addiction and with that came many personal moments of angst. I know I am not the only one with a parent suffering from this disease. Humber's **Addictions and Mental Health** program along with my placement at 1000 Islands Addictions Rehab taught me the art of self-love and self-compassion. Many a time the reality of addiction is misconstrued and stereotypes tend to lead the way – isolation is the breeding ground for bonding towards other substances, or behaviours which then become maladaptive. Hence an addiction forms. Johann Hari stated in his TedTalk “the opposite of addiction is not sobriety, it is connection.” We tend to lose sight of ourselves and others when we are in active addiction or are in an environment where survival is the main goal. The education brought to me from this program has allowed me to work with individuals from different walks of life and enable them to see their inner power. Becoming an addictions counsellor through this program helped me help others get their voice back while also gaining my own.



# Florals, Naturally

The **Lakeshore Grounds Interpretive Centre** will be hosting a brand-new exhibition to usher in Spring: *Florals, Naturally* featuring the paintings of Courtney Carstens.

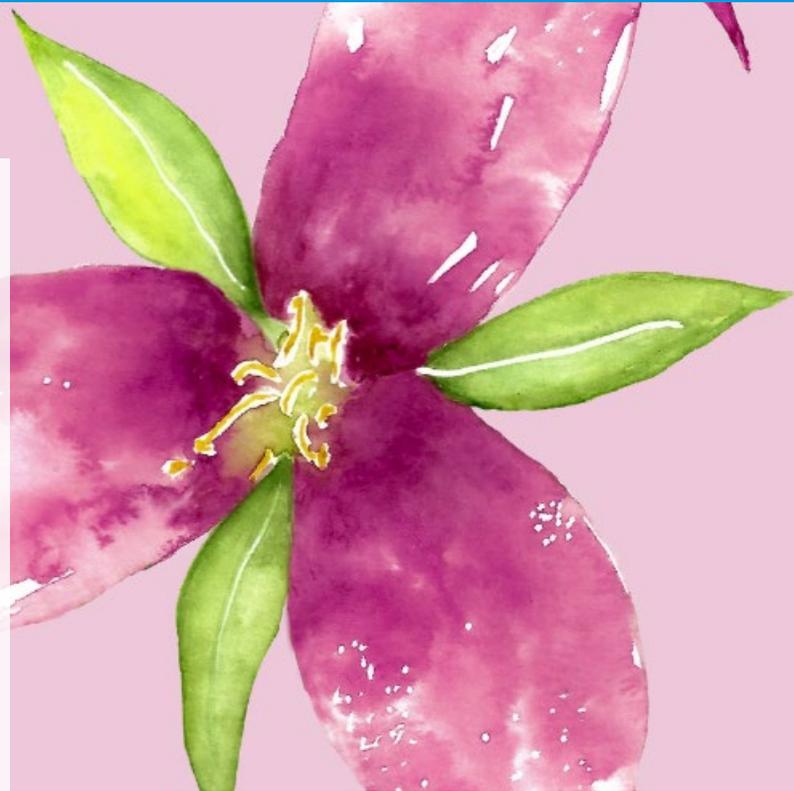
As we explore the world of watercolour flowers, we delve into the principles of permaculture, a system of designing landscapes that work with nature, rather than against it. Permaculture emphasizes the importance of using organic, sustainable methods of gardening and farming, and incorporates ideas such as biodiversity, soil health, and natural systems of pest control.

In Ontario, permaculture is especially important when it comes to the cultivation of native plants and flowers. By planting and preserving these species, we can create a more balanced ecosystem, and help to maintain the delicate relationships between plants and their pollinators. Ontario is home to a diverse array of native plants and flowers, which all play important roles in the health and vitality of local ecosystems.

Artist Courtney Carstens is particularly drawn to nature and botanicals. Her paintings beautifully capture the details and colours of the natural world, and she frequently experiments with new techniques that push the boundaries of her craft. In addition to her artistic pursuits, Courtney is also a certified permaculture teacher, having studied the principles of sustainable living and organic gardening.

*Florals, Naturally* will be on display from May 8<sup>th</sup> to July 28<sup>th</sup>, on the third floor of the Welcome and Student Resource Centre at 2 Colonel Samuel Smith Park Drive.

The exhibition is free to attend, and open to all audiences. Visit [LakeshoreGrounds.ca/florals-naturally](https://LakeshoreGrounds.ca/florals-naturally) for more info.





## BLACK HERITAGE 365: FROM RESISTANCE TO RESILIENCE

Wednesday, February 15<sup>th</sup>, 2023

G Building – Centre For Entrepreneurship

*Panelists: Honourable Jean Augustine, Ian Stewart, Jacqueline Edwards, Carla Neto, Keddone Dias*

On Feb. 15<sup>th</sup>, 2023, the first annual Black Heritage 365: From Resistance to Resilience panel was hosted by the office of MPP Hogarth in partnership with Humber College. This event showcased stories and advice from prominent Black figures from the Etobicoke – Lakeshore and Humber Community.

Panelists included:

- Carla Neto, Executive Director at Women's Habitat in Etobicoke
- Ian Stewart, pharmacist, owner of the largest Shoppers Drug Mart in the Etobicoke-Lakeshore community and philanthropist
- Jacqueline Edwards, Humber alumna, President of the Association of Black Law Enforcers (ABLE), 2021 recipient of the Ontario Association of Chiefs of Police (OACP) President's Award of Merit
- Keddone Dias, Executive Director of LAMP Community Health Centre
- Honourable Jean Augustine, the first Black female MP and cabinet minister in Canada





**Financial Wellness**  
with Financial Wellness Expert and Coach  
**Lesley-Anne Scorgie**

Presented by the Lakeshore Principal's Office

Wednesday, March 29th 2023  
12:00 pm - 1:15 pm

G Building, Room 101A/B  
Lakeshore Campus, Humber College

*Open to all Humber Staff & Faculty.  
Livestream link sent to those who register.*

Light Lunch will be provided.  
Attendees will qualify for a prize raffle.

**Lesley-Anne Scorgie**

## FINANCIAL WELLNESS KEYNOTE

**Wednesday, March 29th, 2023**  
**G Building -**  
**Centre For Entrepreneurship**

On Mar. 29<sup>th</sup>, we hosted the final installment of the wellness series. This session focused on Financial wellness with guest speaker Lesley-Anne Scorgie. Lesley shared the wealth builders roadmap, tips on investments and saving and how to make an effective budget and financial plan. We hope to host a follow-up session with Lesley to put those tips into action!

## MINDFULNESS

**Monday, March 13th, 2023**  
**L Building**

*Facilitator: Debbie Krulicki*

On Mar. 13<sup>th</sup>, Mindfulness@Humber hosted its first in-person session at the Lakeshore campus in partnership with the Principal's Office. Participants were walked through a mindfulness exercise and learned a few tips and tricks they could use every day. We look forward to hosting more sessions soon!



**Free Mindfulness Session**

Mindfulness@Humber X the Principal's Office

**Monday, March 13th, 2023**  
**12:15 - 12:45 PM**

L Building - Rm. L1017, Lakeshore Campus

Learn and practice Mindfulness skills that help you manage stress and anxiety.

Register Now - Link In Bio!

HUMBER  
Centre for Innovation in Health & Wellness  
Centres of Innovation Network



## MOVIE NIGHT: STEADFAST WITH HONOURABLE JEAN AUGUSTINE

**Wednesday, April 5th, 2023  
Assembly Hall**

On April 5<sup>th</sup>, we had the pleasure of hosting a movie night for the screening of STEADFAST: The Messenger and the Message, a documentary on the life of the Honourable Jean Augustine. Attendees enjoyed various concession snacks and the documentary which gave great insight into the history of Black History Month in Canada and the and the immense advocacy and leadership Jean played in getting it into legislation. After the screening, Jean shared words with the audience. We look forward to hosting more movie nights, if there are any suggestions please let us know!

