Pre-Arrival Webinar Series:
Wellness and Safety in Canada
Land Acknowledgement

York University recognizes that many Indigenous Nations have longstanding relationships with the territories upon which York University campuses are located that precede the establishment of York University.

York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been care taken by the Anishinabek Nation, the Haudenosaunee Confederacy, and the Huron-Wendat.

It is now home to many First Nation, Inuit and Métis communities. We acknowledge the current treaty holders, the Mississaugas of the Credit First Nation. This territory is subject of the Dish with One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes region.

Centre for Indigenous Student Services: https://aboriginal.info.yorku.ca/about-us/

Native Land Digital: https://native-land.ca/
By the end of this webinar, we hope that new incoming international students will gain more knowledge about:

- The key student support offices and resources available at York University
- How these services support international students
- How to access these services
The agenda for today’s webinar is:

- Student Counseling, Health & Well-being (SCHW)
- Student Accessibility Services (SAS)
- Athletics & Recreation
- Community Safety
- Questions and Answers
- Upcoming Pre-Arrival Webinars and Events
Student Counselling, Health & Well-being (SCHW)

Services Overview

AISHA HUSSAINI, MANAGER OF OPERATIONS

MAY 29TH, 2024
Our Space on Keele Campus

Address
N110, Bennett Centre for Student Services
99 Ian MacDonald Blvd, North York, ON M3J 1P3
Our Space on Keele Campus...
Our Space on Keele Campus...
Our Space on Keele Campus...
Who are we?

MISSION:
Student Counselling, Health & Well-being (SCHW) is a student service department within the Division of Students at York University. SCHW’s dynamic team of health care professionals, peer health educators, and support staff collaborate to provide a range of health and well-being services that foster academic success, student development and an engaged community at York University.

The primary aim of SCHW is to support students in realizing and developing their personal potential and manage the demands of university life. Achieving the aim requires that SCHW provides a safe and supportive space in which all students at York have equitable access to services that support their success and well-being.
Counselling
Reasons Why Students Come to Counselling

- Early Psychosis
- Feeling Anxious
- Grief/Loss
- Stress
- Suicidality
- Trauma
- Past/Current Abuse
- Academic
- Sexuality
- Feeling Depressed
- Interpersonal/Relationships
- Disordered Eating
- Identity

Based on data collected from January 1 to December 31, 2023
Same Day Walk-in Service

› Provide students with timely access to a qualified counselling professional

› Same day service for single sessions counselling

› Monday to Friday 9 am to 3 pm

› In-person and virtual sessions available each day
  • Register in person and meet with a counsellor
  • Register online for a virtual appointment to meet with a counsellor at your preferred time of the day

› Strength-based approach
Virtual Walk-in Counselling

Virtual Counselling

Eligibility for Service

Students registered and enrolled at York University are eligible for counselling services at the Keele and Glendon campuses. If you are currently located out of province or studying abroad, please access keepme.SAFE for support.

*Continuing Education students can access counselling support through keepme.SAFE.

Single Session Same-Day Booked Appointments

Same day appointments are live Monday to Friday at 8:45 a.m.

Please schedule an appointment by using the online booking form.

If no appointments are available, please check back throughout the day for cancellations.

Book Now

Reminders

- You can access same-day virtual counselling more than once. However, it is our expectation that before returning you will have completed the “next steps” plan co-created in your previous session.
- You may not always be paired with the same counsellor for additional visits, but counsellors will begin your return session with a review of your progress on the “next steps” plan.
Virtual Walk-in Counselling

Your Booking
Virtual Bookings are available daily Monday to Thursday 9:00AM to 3:00PM and Friday 9:08AM to 2:00PM.
PLEASE NOTE: Counsellor availability is only posted during our Operational Hours.

If you are a new client, please click "Create Account", verify your email address, and click "Book Now".

If you are a returning client, sign into the Client Portal with the email address provided at registration and the following password: abc123 or the password you already set up for yourself.

***If this is your first-time logging in Virtually, but you have used "In-person" services; an account has been created for you using the email provided at registration. Please do not create a new account. If you have forgotten your login information, please call 416-736-5097 ext. 7 for support***

You will receive a confirmation message and forms via email. Complete your forms immediately.

Please make sure you are in a private space and have access to a strong internet connection. Sessions may not proceed in public spaces.

For Which Service?

- Counselling: Virtual

Meet with a counsellor virtually, in a safe and positive space! At the start of the 50-minute session, the counsellor will work with you to determine a goal. Throughout the session, the counsellor will work with you to focus on your strengths, identify concrete skills & strategies that you can practice to begin resolving your challenges. At the end of the session, you will leave with a "next steps" plan of action to get you started on the path to change. We hope that you will feel empowered, and better equipped to tackle life's challenges and are here to support you!

With Which Therapist?

- Elizabeth Stephen
- Hugo Serlo, M. Psy., RP Bilingual (French or English)
- Marcie Campbell

When?

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Book as video session

Book
### Next Steps Sheet

**Date:**

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| ☐ Attend the Student Counseling & Development Skills Workshop | Mondays: 10:30am - 12:00pm  
Wednesdays: 10:00am - 11:30am  
Tuesdays: 1:00pm - 2:30pm |
| ☐ Review BounceBack Videos: bouncebackvideo.ca (Access code: bictodayon) |
| ☐ SOD Process Group (Tuesdays: 2:45pm - 4:00pm) |
| ☐ SOD Process Group (Thursdays: 2:45pm - 4:00pm) |
| ☐ SOD LGBTQ+ Support Group (Wednesdays 3:30 - 4:30 pm) |
| ☐ Support Group for Survivors of Sexual Violence (Tuesdays 1:00pm - 2:00pm) located at The Centre for Sexual Violence Response, Support & Education: Starting September 17, 2019 |

**Resources/Referrals:**

- Student Accessibility Services
- Medical Doctor/Apple tree
- Academic Advising
- The Centre for Sexual Violence Response, Support & Education
- Career Centre
- Learning Skills
- Writing Centre
- TEL, Gay
- York International

- If at any time you are in crisis and/or in need of urgent assistance, you can contact your family doctor or the emergency department at your local hospital.
- For crisis or emotional support, you may consider calling Goo2Talk, the free, confidential Post-Secondary Student HelpLine at: 1-866-925-5424.
Short-Term Counselling

- Accessed via walk-in single session appointment
- Student must have attempted the “next step” goals create in previous single session
- Short-term counselling is 6-8 sessions (clinicians have autonomy to extend if needed)
- Student works with counsellor to set achievable goals and co-create plan for coping strategies
- Preference for a counsellor of a particular background (e.g. gender, race, sexual orientation) can be discussed with the counsellor during the initial walk-in session.
We’re here for students!

Our goal is to help students realize, develop, and fulfill their personal potential in order to maximally benefit from their university experience and manage the challenges of university life.

- Confidential, safe space
- Active listening
- Problem Identification
- Goal-setting
- Resources & Referrals
- Non-judgemental
- Professional advice
- Free of charge
- Same-day service
- Snacks on campus
Additional Supports

keep.meSAFE

- Free, confidential support services for students, staff & faculty

- Phone and chat support available 24/7 anywhere in the world

- Counselling matching in 140+ languages, with 5 languages guaranteed 24/7 (English, French, Spanish, Mandarin, Cantonese)

- Call 1-844-451-9700

- Download the free TELUS Health Student Support app

https://www.keepmesafe.org/ca-us/
Additional Supports

Good 2 Talk

- Free, confidential support services for post-secondary students in Ontario
- Available 24/7
- Call 1-866-925-5454 or text GOOD2TALKON to 686868
- https://good2talk.ca/ontario/
Health Services, Education & Promotion
Health Education and Promotion

▶ **Aim:** Create proactive approaches to well-being on campus.

▶ **Services:** Offers active programming in different areas of health including workshops and wellness events related to resiliency, coping, and stress reduction.

▶ **Education & Promotion Email:** schwhep@yorku.ca

https://counselling.students.yorku.ca/workshops
Overview of Health Ed Workshops

Calendar: https://students.yorku.ca/counselling/events

Substance Use
- Vaping: misconceptions & safer practices
- Cannabis: misconceptions & safer practices

Sleep & Physical Health
- Guide to improving sleep
- Guide to physical activity

Nutrition
- Food & mood
- Student guide to meal planning
- Plant-based nutrition

Self compassion
- Guide for perfectionism & procrastination
- Coping with winter blues
- Taking effective breaks
- Improving your relationship with social media

Sexual Health
- Sexual health foundations
- STI’s, STD’s & safer practices
- Reproductive health 101

Mental Health
- Supporting peers in distress
- Exam anxiety

Navigating series
- Navigating mental health resources
- Navigating physical health resources
Engagement Activities

- Dance Fitness
- Yoga Sessions
- Painting Events
- Knitting Events
- Wellness Events
- Fitness Bootcamp

NEW This Year!
Well-being
Well-being

- **Well-being & YU:**
  - Student-led Well-being & YU Podcast
  - Podcast aims to break down stigma associated with mental health and well-being, and highlight supports for students
  - [go.yorku.ca/wbpodcast](http://go.yorku.ca/wbpodcast)

- **Well-being Weeks:**
  - Fall and Winter Well-being Weeks
  - In-person and virtual activities, seminars, self-help resources, workshops, giveaways and more
  - These events aim to increase discussions and create more visibility on well-being on York’s campuses
Thank you!

Questions, comments, opportunities to collaborate?

Student Counselling, Health & Well-being
https://go.yorku.ca/schw

Email: schw@yorku.ca
Call: 416-736-5297

Well-being at York University
https://www.yorku.ca/well-being/
ACCESSING ACADEMIC ACCOMMODATIONS

STUDENT ACCESSIBILITY SERVICES
Purpose

• Overview of Student Accessibility Services
• How we support students
• How to register with our office
Overview of Student Accessibility Services Faculty Video: https://www.youtube.com/watch?v=1y6adlBnXnE
Overview of Student Accessibility Services

• We provide individualized academic accommodation planning to any student attending York who has a mental health, learning, attention, physical/mobility, sensory (hearing & vision), medical condition that impacts their academics.

• We advise students to register with us well in advance of the start of their studies - you can start the registration process as soon as you accept an offer of admission from the University.
Academic accommodations

- Purpose: to support inclusion, to remove barriers and provide alternate ways to learn or demonstrate one’s learning

**Academic Accommodations are:**

- Specifically set for your classroom, lab, test/exam and/or practicum
- Based on individual needs
- Could stay the same throughout your studies OR change if your needs or course requirements vary (i.e. practicum or lab, online vs in-person).
- Examples may include: flexibility with assignment deadlines, some extra time on tests, assistive technology
How we support students

What is offered:

• One-on-one appointments with an Accessibility Counsellor to arrange academic accommodations

• Referrals to other on campus and off campus supports

• Support with advocacy and problem solving

• Programming to support connection, academic skills development, and wellness
Privacy and Confidentiality

• Registration with Student Accessibility Services is NOT identified on your transcript nor your student record. Additionally, we do not disclose information to grad schools or employers.

• You DO NOT need to disclose your diagnosis to your professors. They only need to know your academic accommodations.

• Please see our policy on How your Information is Used for more information.
How to register with our office

- Three step process:
  1) Log into our Student Accessibility Services Portal and complete our registration questionnaire.
  2) Collect relevant documentation in English or French
  3) Connect with an Accessibility Counsellor via email, Zoom, or in-person

*If you have experienced a barrier to accessing documentation, we are committed to working with you to find appropriate and creative ways of ensuring access to appropriate supports and services.
Thank you and best wishes as you start your semester!

• For more information check out our Student Accessibility Services website

• Questions or concerns related to registration with our office can be sent to sasreg@yorku.ca
Introduction

Recreation
Art (Associate Director) – artmcd@yorku.ca

Marketing & Event Experience
Kelly (Engagement & Experience) – chkelly@yorku.ca

York Lions Virtual Tour:
https://www.youtube.com/watch?v=1IH1TdwAWQ
OUR MISSION

York Athletics & Recreation (A&R) is on a mission to transform the people we touch by leading the creation of a proud and engaged campus; dedicating ourselves to excellence; investing in leaders and championing physical activity, sport and wellness. ONE LION AT A TIME.
Facilities
Central to Tait McKenzie is the 11,000 sq. ft. fitness centre with cardio machines, sectorized machines, functional training apparatus, and free weights.

The fitness centre is ideal for fitness enthusiasts of all levels, from beginners to high-performance athletes.

**AMENITIES**

- 3 Gymnasia
- 6 Studios
- 6 North American Squash Courts
- 25-Metre, 6-Lane Swimming Pool
- 5 Outdoor Tennis Courts
York Lions Stadium is a world-class venue which can be converted to host soccer, football, rugby and lacrosse.

Home to pro-teams York United FC and TFC ll. Host venue for past Pan Am and Invictus Games.

**AMENITIES**

- FIFA Quality Pro Turf
- Seating capacity of 4,000
- Video board
- Media, Broadcast, Control and Coaches boxes
- Dome (winter)
- 6 team rooms, 30 player stalls in each
- Upper level with 2 lounge/meeting rooms
ALUMNI FIELD
• FIFA grade turf, lined for Soccer, Football & Field Hockey.
• With 4 grass fields and 2 softball/baseball fields, the York Lions can meet all your outdoor athletics and recreation needs.

CANLAN SPORTS
• Includes six NHL-sized rinks. Rink 1 boasts seating capacity for 1,200 fans, a 600-seat restaurant & lounge overlooking the rinks, a conditioning centre, a pro shop and food court.

TORONTO TRACK & FIELD CENTRE
• Hosts over 80 special events each year, attracting approximately 200,000 people.
• Hosted multiple OUA and National Championships and is designed for daily training and high-calibre track and field competitions.

SOBEYS STADIUM
• Home to Tennis Canada and is the site of the National Bank Open, drawing the world's best players and thousands of spectators to York each summer.
• Features up to 16 tennis courts with a hard-court surface.
Memberships & Services
Memberships & Services

Two types of Student memberships:

Recreation (Free)

• Facility access
• Drop-in sports & activities
  - Swimming, Wheelchair Basketball, Volleyball, Tennis, Badminton, Skating, Soccer and more!

Fitness ($25)*

• Group Classes
  - Zumba, Martial Arts, Yoga, Spin and more!
• Fitness Centre

*Fitness memberships are sold at a flat rate of $25. Valid from Aug 1 to July 31.

Get Started!

Our integrated YorkU A&R App & website (reconline.yorkulions.ca) make accessing schedules, booking court times or reserving your drop-in spot easy!

Use your Student Passport York account to login and upgrade your membership, add a service or manage your account anytime.
Additional Services (paid)

Fitness & Lifestyle

• Outdoor Experience programs
• Cooking Classes & Seminars
• “Fitness Comes to You”

Aquatics and First Aid

• Group & Private swim lessons
• Emergency and Standard First Aid
• Become a Lifeguard

Personal Training

• Personal Training & Nutrition coaching
• WITS Personal Training certification

Guest passes, Community & Non-York memberships available
Towel and Locker Service available by semester or for the entire year
Join thousands of York students and community members in one of the largest student-centered programs on campus!

Sport is for Everyone. Sports are offered in co-ed and gender-identified leagues and tournaments, are offered year-round for competitive, semi-competitive, and recreational play, and are a great way to be active and connect with other York students.

There is a place for Everyone. Join as an individual (New Free Agent Program!), as a team of friends, through your college or student association.
# Intramurals

## Leagues
- Basketball
- Cricket
- Dodgeball
- Flag Football
- Futsal
- Handball
- Ice Hockey
- Innertube Basketball
- Innertube Water Polo
- Soccer
- Slo-Pitch
- Tennis
- Ultimate
- Volleyball

## Tournaments
- Badminton
- Ball Hockey
- 3v3 Basketball
- Bowling
- Broomball
- Curling
- Dodgeball - Overnight
- Rugby (Touch)
- Slo-Pitch
- Spikeball
- Squash
- Swim Meet
- Tennis
- Turf Soccer
- Volleyball – Overnight
- Wheelchair Basketball
PLAE Program

• Team building and facilitated group programming

• Starting at $45/hour

• Includes dedicated staffing, equipment, and set up/tear down

• Can also run Social & Sporting Events for Orientations and Athletic Events throughout the year
Recreation is for Everyone

Drop-in Sessions
- Badminton, Basketball, Cricket, Futsal, Shinny, Skating, Squash, Tennis, Pickleball, and more!

Accessible Programming
- Blind Soccer, Goalball, Wheelchair Basketball, Seated Volleyball, Unified Basketball

Casual Programming
- In-person Board Game night

Community Events
- Terry Fox Run
- Special Olympics

Download the Fusion Play App
https://qr.codes/KBth3e
Sport Clubs
Joining a sport club is a great way to get active, learn a new sport and meet new people!

These student-run organizations offer recreational (“learn to play” or drop-in) and competitive (inter-club or in the OUA) opportunities in a variety of sports both in-person and virtually.

Visit yorkulions.ca for each club’s contact information and how to join.

Archery
Badminton
Baseball
Cheerleading
Curling
Dance
Dragon Boat
Esports
Fastball
Fencing
Figure Skating
Flag Football
Golf
Hip Hop
Dance
Kendo
Lacrosse
Ringette
Rugby
Swim
Taekwondo
Since 1965, York has won 180 conference championships and 37 national titles! 19 teams currently compete at the OUA & U SPORT levels.

Program Information, Rosters and Try-out schedules available online at yorkulions.ca.
Attend a Varsity Event

Free for YU Students! Show your YU card at the door for a free ticket.

Free contests & giveaways at select events.

Follow @yorkulions on social media for program highlights and special promotions!

Cheer Loud!

Deep in the hear of the Y-U Jungle
You can hear the Lions rumble
Ooh Ooh, Y-U, Y-U
Ooh Ooh, Y-U, Y-U
York Lions Pride Shop

Show your Pride!
Get your official Lions gear.
Shop in-person at Tait or online.

- Baseball Caps/Hats
- Bucket Hats
- Sweaters/Hoodies
- Water Bottles
- Duffle bags
- Mittens
- And More.....

yorkulions.ca/prideshop
Work for Us

Be Part of the Most Dynamic Team on Campus!

We offer over 400 parttime employment opportunities in Athletics & Recreation!

With roles within the areas of Athletics, Recreation, Client Services, Equipment Services, Events and Facilities Operations, Marketing, and Administration you will join a team-oriented environment, gain valuable work experience, learn from diverse and dynamic staff, and engage in the York community.

Visit yorkulions.ca/employment for the complete list of positions.
Connect With Us

@yorkulions
@yorkurecreation
@yorkintramurals

App: York U A&R (iOS & Android)

Web: yorkulions.ca

@yorkulions
@yorkurecreation
@yorkintramurals

reconline.yorkulions.ca

Email: taitmck@yorku.ca

York Lions
York U Recreation & Tait McKenzie Centre
York Intramurals

Phone: 416-736-5185

@yorkulions

In-Person: Tait McKenzie Centre, 1 Thompson Rd
Thank You!
Community Safety

2024
Community Safety

- Security Services
- goSAFE
Security Services

- Security is a 24/7 operation
- Community-Based Model
- Respond to all calls for service
Security Services

Contacting Security

Urgent Situations

- Urgent: 416.736.5333 or ext. 33333
  - Suspicious Persons, for example something or someone that looks out of place or out the normal.
    - First Aid / CPR
    - Fire Alarms
  - In a life-threatening situation or a crime-in-progress phone 911 then phone Security.

- Emergency and Safety Phones

Know your buildings street address i.e. Winters Residence is 72 Winters Rd.
Security Services

Contacting Security

Non-urgent

• Non-Urgent: 416.650.8000 or ext. 58000
  ▪ Security Reports
  ▪ After Hours Maintenance
  ▪ After Hours Lockouts
  ▪ General Inquiries
goSAFE

› Safewalk program
› Help students, faculty, staff and their guests safely get from one on-campus location to another.
› Keele Hours:
  • 6pm to 2am (Fall & Winter)
› Glendon Hours:
  • 6pm to 11pm (Fall & Winter)

416-736-5454
Safety App
yorku.ca/safety/app
SAFERTOGETHER: York U Safety App

- Over 40,000 subscribers since its launch in 2013
- Safety tool designed for York’s diverse community
- Provides information regarding safety services and resources, both internal and external, to the University.
- Direct Dial to York Security’s Urgent Line and 911 have been programmed within the App.
- Once enabled, the App will be connected to the University’s Emergency Notification Network, allowing the user to be updated on all urgent situations and safety/security matters that pertain to the greater community.

Available for your smart devices through the Apple Store or Google Play.
Safety Resources

Community Safety Department
  • www.yorku.ca/safety
  • safety@yorku.ca

René Saint André
  • rsandre@yorku.ca

Seetha Wigneswaran
  • seethaw@yorku.ca
Upcoming Webinars and Events
Global Peer Program Community Event

May Community Event

Global Peer Program

**Theme:** Academic Resources

Monthly community events will focus on a specific theme which support your successful transition to York University and Canada. You will have the opportunity to meet other new international students and connect with GPP mentors in a small group setting.

- **Day/Date:** Friday, May 31st, 2024
- **Time:** 9:00AM to 10:30AM EST
- **Registration:** [https://yorku.zoom.us/meeting/register/tJIod-ytrzspHtDoKgdTezpJi8WfC8zCQPi#/registration](https://yorku.zoom.us/meeting/register/tJIod-ytrzspHtDoKgdTezpJi8WfC8zCQPi#/registration)
Program: YI Meet Up

› Date: June 6th, 2024
› Time: 10:00am – 11:00am (EST)

YI Meet Up is a virtual social event that provides incoming or deferred students an opportunity to meet new people, make new connections and introduce them to campus life through a variety of activities, conversations and group initiatives. The program aims to ease the transition to York and to Canada and to help find a sense of community before even arriving.
Pre-Arrival Webinar

Building Your Timetable

Studying in Canada

The **Building Your Timetable** webinar provides students with the information they need to know about course enrollment, important considerations when building their timetables, as well as a chance to meet with faculty supports.

- **Date:** Wednesday June 12\(^{th}\), 2024
- **Time:** 9:00AM to 10:30 AM
- **Registration:** [https://yorku.zoom.us/meeting/register/tJwofuuupjgiG9XirabjZi2-Y6i6qEM5upRq#/registration](https://yorku.zoom.us/meeting/register/tJwofuuupjgiG9XirabjZi2-Y6i6qEM5upRq#/registration)
Global Peer Program Drop-In

June Drop-in
Global Peer Program

Join the monthly drop-in for one-on-one time with a mentor (upper-year York student)! You will have the opportunity to connect with a mentor and ask questions.
Stop by any time between 9:00am – 10:30am!

- **Day/Date:** Thursday, June 20th, 2024
- **Time:** 9:00AM to 10:30AM EST
- **Registration:** [https://yorku.zoom.us/meeting/register/tJwsce-pqzkpGdxEiF2Sp2mEcw0B8DS8DJL-#/registration](https://yorku.zoom.us/meeting/register/tJwsce-pqzkpGdxEiF2Sp2mEcw0B8DS8DJL-#/registration)
The **Getting Ready for Orientation Week** webinar provides students with the information they need to know about Orientation Week, its benefits for International students and the registration process.

- **Date:** Wednesday June 26th, 2024
- **Time:** 9:00AM to 10:00 AM
- **Registration:** [https://yorku.zoom.us/meeting/register/tJYodu2pqTgjG9b8ZNNfW4fju-8GJi5nj-oF#/registration](https://yorku.zoom.us/meeting/register/tJYodu2pqTgjG9b8ZNNfW4fju-8GJi5nj-oF#/registration)
York International Event Calendar
Thank you!