



# DEER FRASER

THE WORD IN THE WOODS AT UVIC LAW

VOLUME 2 / ISSUE 10

November 4, 2018

Submit your entries (and anything else you want to see in Deer Fraser) to [lss@uvic.ca](mailto:lss@uvic.ca)

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## HOT ON THE DOCKET

### COPING WITH TRAUMA AND SUPPORTING THOSE EXPERIENCING TRAUMA

November 19<sup>th</sup> 12:00 – 1:30 PM in R157

Come participate in an informal conversation with our Amicus Counsellor, Christina Friesen about trauma. This event is intended to provide a safe space for anyone to ask questions, hear stories and share their experience in efforts to learn how to cope with trauma and support others dealing with trauma. Everyone is encouraged to attend as we have no cap on the event. Lunch will not be provided.

### TALK SAVES LIVES: SUICIDE AWARENESS

November 21<sup>st</sup> 12:00-1:00 PM in R157

This event is led by our own 1Ls Maddie and Sam who are trained in suicide awareness and prevention. They will present a powerpoint as well as facilitate interactive components to foster effective learning. This event is capped at **20 people** on an RSVP basis. If you are interested, email [uvicfemlaw@gmail.com](mailto:uvicfemlaw@gmail.com) to secure your spot. Lunch will not be provided

\*Please note: this event is over a 12:00-1:30 lunch time but we will be ending at 1:00 as the topic is somber and potentially triggering. We encourage participants to use these 30 minutes to go for a walk, call a friend, or talk to Maddie or Sam if they so need.

### ART THERAPY

November 29<sup>th</sup> 3:30-5:00 R142

Join us for an evening of art therapy with Kim from Awakening Heart counselling. Art therapy uses creative process to facilitate self-exploration and understanding. It allows for the safe way for individuals to explore issues that may be difficult to confront. This event is capped at **15 people** and is **\$10 per person**. If you are interested, email [uvicfemlaw@gmail.com](mailto:uvicfemlaw@gmail.com) to secure your spot.



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*If you had as many bucks in your wallet as you did outside your classroom, you'd have give or take six bucks*

#### IDEAS FOR NEXT WEEK?

*If you have an event you want to advertise, information to disseminate, hilarious content to entertain your fellow students, or cool photos to share, please don't be shy to send it in for inclusion in next week's issue.*

**Contact Afsana Allidina**

General Secretary [lss@uvic.ca](mailto:lss@uvic.ca)

**PLEASE SUBMIT CONTENT BY SATURDAY NIGHT**



## HOT ON THE DOCKET

### YEARBOOK INTEREST SURVEY

The LSS would like to gauge student interest about the potential production of a yearbook at the end of the school year. Please fill out this brief survey to share your thoughts with us: <https://goo.gl/forms/iUY5eP5Kud6u0qDV2>

### A MESSAGE FROM YOUR EXEC

A friendly reminder about our Scent-Free Policy:

The LSS is committed to providing a safe and healthy environment for our students, employees, and visitors. To that effect, we ask that students are mindful of their use of scented products while in our building. For some, scented products can trigger asthma, nausea, dizziness, headaches, confusion, and many other symptoms. Scented products can also be a potential trauma trigger.

To move toward a more scent-free space, please avoid wearing perfume or cologne while in the building. We acknowledge that many personal products (deodorant, shampoo, lotion, etc.) and other products (cleaning products, laundry detergent, etc.) are often scented, and that the cost associated with buying unscented products can be a barrier. All we ask is that you make choices mindfully, taking into account our entire community!



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# THIS WEEK

AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WHAT TO DO WITH  
YOUR 1L SUMMER

GRAD STUDIES  
SESSION

LEGAL CAREERS IN  
ASIA PANEL

## WHAT DOES IT ALL MEME?

*Content of varying degrees of hilarity, related to the law school experience*



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