

Resource	Unit Information	Contact
<p>Better Sleep Program</p> <p>Relaxation and Stress Management Skill Training</p> <p>Managing Headaches</p>	<p>Stress Management & High Performance Clinic</p> <ul style="list-style-type: none"> -Learn to fall asleep (or back to sleep) more easily -Get more energy from your sleep -Offered online as well <p>-A strong skills based program in body and mind relaxation techniques helpful for releasing tension, calming anxiety and settling a busy brain</p> <ul style="list-style-type: none"> -Strategies to decrease tension and migraine type headaches -Tips for pain management <p>-There are nominal fees for these programs</p>	<p>Kathy Somers Ext. 52662 ksomers@uoguelph.ca</p>
<p>Cooperative Education & Career Services</p>	<p>Co-operative Education & Career Services</p> <ul style="list-style-type: none"> -Job search information -Resumé workshops and interview skills 	<p>Co-operative Education & Career Services Ext. 52323 University Center, Level 3 careers@uoguelph.ca</p>
<p>Computer Help Desk</p>	<p>OVC Information Technology Services</p>	<p>Help Line Ext. 54778 Emergency Hotline 519-821-9814 OVC Learning Technologies Centre, Room 1601 ovcits@uoguelph.ca</p>
<p>Learning Services</p>	<p>Learning Services, McLaughlin Library</p> <ul style="list-style-type: none"> - Individual consultation by appointment to discuss learning concerns, time management, integrating information incourses, etc. - Flexible scheduling for meetings - Services are free and confidential - Extensive resources on website-Skills training in time management, presentation and speaking skills, exam preparation, working in groups, concentration and memory enhancement, time Management, procrastination and perfectionism - Online documents and resources - Writing help 	<p>Jason Dodd Ext. 58114 Science Learning Specialist jdodd@uoguelph.ca</p> <p>Victoria Fritz Ext. 53849 Learning Specialist vfritz@uoguelph.ca</p> <p>Joannah O'Hatnick Ext. 53632 Learning Specialist johatnic@uoguelph.ca</p>

Health Services	<p>Student Health Services, Powell Building</p> <ul style="list-style-type: none"> -Walk-in clinic and appointments with physicians -Medical notes for academic consideration -Titres and vaccinations 	<p>Walk-in or call for appointment Ext. 52131</p>
Hospitality Services	<p>OVC Hospitality Services</p> <ul style="list-style-type: none"> -Student meal plans/meal cards (see website) -Food for all student events at OVC must be ordered through Hospitality Services 	<p>Sharri Norton Ext. 52234 Manager OVC Cafeteria ovccafe@uoguelph.ca</p>
Off Campus Housing	<p>Student Life</p>	<p>Kathryn Hofer Manager, Off Campus Living University Centre, Level 1 Phone: Ext 56276 khofer@uoguelph.ca</p>
OSAP Information	<p>Student Financial Services</p>	
<p>Personal Support</p>	<p>Counselling Services -Provides confidential individual assistance, programs and support groups to assist students with stress, eating disorders, bereavement, obsessive/compulsive disorder, performance anxiety, depression, etc.</p> <p>Dr. Conlon's Office</p> <p>OVC Peer Helpers OVC student veterinarians who can assist their fellow student veterinarians with both academic and personal matters</p>	<p>All counselling appointments Ext. 53244</p> <p>Dr. Peter Conlon Ext. 54413 OVC room 2655 pconlon@ovc.uoguelph.ca</p> <p>Level 3, University Centre and onsite counselling in OVC</p>
Professional Practice Portal	<p>Professional practice resources from the College of Veterinarians of Ontario</p>	
Learning Disabilities and Other Disability Issues	<p>Accessibility Services -Mandate is to provide equal opportunity for academically qualified disabled students and to overcome barriers to full participation by such students in the University community</p>	<p>University Centre, Level 3 South Ext. 56208 accessibility@uoguelph.ca</p>

<p>Wellness Education Centre</p>	<p>The Wellness Centre</p> <ul style="list-style-type: none"> -Awareness, Balance, Choice (responsible drinking) -Healthy Eating Active Living (eating disorders, body image, self esteem) -Drinkwise (changing drinking habits) -Forward Minds (mental health issues) -Leave the Pack Behind (stop smoking program) -NAKED (sexuality awareness) -SAFE (safe relationships, dealing with sexual assault) -OUTLine (lesbian, gay, bisexual and transgender issues) 	<p>The Wellness Education Centre Ext. 53327 JT Powell Building 2nd floor wellness@uoguelph.ca</p> <p>Melanie Bowman Ext. 56046 Manager Education & Promotion (Wellness Education Centre) mbowman@uoguelph.ca</p>
<p>OVMA Member Assistance Program</p>	<p>Expert advice and counselling to help you with all of life's challenges. Your OVMA membership gives you, your spouse and dependents free access to Member Assistance Program</p>	<p>Cheryl Coulombe Manager of Member Services ccoulombe@ovma.org Ext 27</p> <p>Ontario Veterinary Medical Association 420 Bronte Street South, Suite 205 Milton, ON, L9T 0H9</p> <p>905.875.0756 / 1.800.670.1702</p>