

The background of the slide features a photograph of a modern, multi-story building with a grid-like facade of windows and columns. The building is partially obscured by green trees on the left and right sides. The sky is a clear, bright blue. The text is centered over this background.

Brock University's Niagara Post Secondary Holistic Wellness Initiative Presentation

for
Centre For Innovation in Campus Mental Health

Who We Are

- Brock University
- Aboriginal Student Services
- A-Z Learning Services
- Partnership with Niagara College



Aboriginal Understanding of Wellness

- Mental Health from a Holistic Perspective
- Not a “silo” approach
- The four aspects of wellbeing: Emotional, Intellectual, Physical and Spiritual

Interactive Activity

What could be usefully addressed in each of the four aspects of wellbeing?

The Niagara Holistic Wellness Project

- Referral Process : Not clinical
- Face-to-Face component
- Portal Creation - the hub of wellness and mental health resources
- Input and feedback of elders, student and community members
- Bringing in support for students from local community
- Giving students choices regarding how they can meet their personal needs



The Universality of Niagara Holistic Wellness Support

- Students can look at holistic wellness as a whole aspect of their being
- Although built from an Aboriginal perspective, it creates an understanding that our body isn't separated from our mind, emotions and spirituality

Thank you