

Self-Care and Academic Resources  
During COVID-19

**Last Updated: April 2, 2020**

The Indigenous Student Centre is committed to providing you with updated information; however, as the COVID-19 situation is constantly evolving, we cannot guarantee its accuracy. We recommend that you call ahead to any supports/services you wish to access to obtain current information.

**For the latest information on the University's plan for COVID-19, please visit: <http://umanitoba.ca/coronavirus>**

**Indigenous Student Centre Resources**

**Student Advising**

The Student Advisors at the Indigenous Student Centre (ISC) are here for you, and we are available for:  
(1) Appointments by phone and/or (2) to answer your questions via email. We are not offering in-person appointments during this time. To book an appointment by phone, please contact the front desk at the Indigenous Student Centre by phone at 204-474-8850 or email at [isc@umanitoba.ca](mailto:isc@umanitoba.ca). We also welcome you to send your questions via email or book an appointment by phone directly with an ISC advisor:

Carla Loewen  
[carla.loewen@umanitoba.ca](mailto:carla.loewen@umanitoba.ca)  
(204) 291-5257

Carl Stone  
[carl.stone@umanitoba.ca](mailto:carl.stone@umanitoba.ca)  
(204) 318-2928

Justin Rasmussen  
[justin.rasmussen@umanitoba.ca](mailto:justin.rasmussen@umanitoba.ca)  
(204) 230-2504

The Indigenous Student Centre student advisors are available for phone and email inquiries Monday-Friday between 8:30 am-4:30 pm.

**Indigenous Student Centre Programming**

***The following programs are postponed until further notice: Qualico Bridge to Success, Neechiwaken Indigenous Peer Mentor Program, Blankstein Momentum, Indigenous Circle of Empowerment, and the SAGE Café. However, the ISC staff are still available to students for support and assistance by phone and via email.***

To book an appointment by phone with the program coordinators, please contact the front desk at the Indigenous Student Centre at (204) 474-8850 or email at [isc@umanitoba.ca](mailto:isc@umanitoba.ca).

**Qualico Bridge to Success (QBTS)**

Current QBTS students are being contacted individually for end of term support. Students who will begin their studies in the fall can now apply! Visit: <https://umanitoba.ca/community/indigenous-community/qualico-bridge-to-success>

This program facilitates the transition of new Indigenous (First Nation, Inuit, Métis) students into post-secondary education at the University of Manitoba by offering pre-orientation activities, academic learning support, advising, peer mentoring and special events that will enhance the first year experience. There is no cost to participate in this program.

Self-Care and Academic Resources  
During COVID-19

**Neechiwaken Indigenous Peer Mentor Program (Neechiwaken)**

Current Neechiwaken students are being contacted individually for end of term support. Students interested in this program for the upcoming year must be a participant in the QBTS program.

This program matches new Indigenous students with experienced Indigenous students to ease the transition into university and create a positive and supportive student community.

If you are interested in joining Neechiwaken for the 2020-2021 academic year, please apply to the QBTS program first. The application period for Neechiwaken will open on June 22, 2020 and close on September 7, 2020. A link to the application portal will be available on our [website](#) on June 22, 2020.

For more information about **Qualico Bridge to Success** or the **Indigenous Neechiwaken Peer Mentor** programs, please contact:

Carla Loewen  
Coordinator, QBTS/Neechiwaken  
[carla.loewen@umanitoba.ca](mailto:carla.loewen@umanitoba.ca)  
(204) 291-5257

**Blankstein Momentum Program**

The Indigenous Student Centre is pleased to offer the [Blankstein Momentum Program \(BMP\)](#) for returning Indigenous students. The program is designed to provide you with access to supports that contribute to your post-secondary persistence, overall well-being and personal success. Applications for Fall/Winter 2020 will be accepted in May.

**Empowering Financial Wellness Program**

The Indigenous Student Centre recognizes the importance of financial wellness and is committed to providing students with the knowledge, skills and resources to make confident, responsible financial decisions throughout their life cycles. Looking to learn more about developing financially smart habits during university? Check out the [EmpoweringU Financial Wellness Program](#).

Questions about the **Blankstein Momentum Program** or the **EmpoweringU Financial Wellness Program** can be directed to:

Denise Proulx, Program Coordinator  
[denise.proulx@umanitoba.ca](mailto:denise.proulx@umanitoba.ca)  
(204) 474-8850  
M-F 8:30am to 4:30pm

## Self-Care and Academic Resources During COVID-19

### **Indigenous Circle of Empowerment (ICE)**

Programming for the [Indigenous Circle of Empowerment \(ICE\)](#) student leadership development will resume in an online format after the Winter term exam period.

If you are interested in joining ICE for the 2020-2021 academic year, please consider submitting an application. The application period for ICE 2020-2021 will open on June 22, 2020 and close on September 16, 2020. A link to the application portal will be available on our [website](#) on June 22, 2020.

For more information, please contact:

Justin Rasmussen

Coordinator, Indigenous Circle of Empowerment (ICE)

[justin.rasmussen@umanitoba.ca](mailto:justin.rasmussen@umanitoba.ca)

(204) 230-2504

### **Graduate Student Programming – Supporting Aboriginal Graduate Enhancement (SAGE)**

Any student who is currently registered in a master's or doctoral program at the University of Manitoba, and who identifies as First Nations, Métis, Inuit or Native American, is welcome to participate in SAGE programming.

To book an appointment by phone with Aimee, please contact the front desk at the Indigenous Student Centre at (204) 474-8850 or email at [isc@umanitoba.ca](mailto:isc@umanitoba.ca). We also welcome you to contact Aimee directly, please see below for contact information:

Aimee Louis

[aimee.louis@umanitoba.ca](mailto:aimee.louis@umanitoba.ca)

(204) 227-2671

M-F 10:00am to 3:00pm

### **Graduate Student Resources**

For updates, please visit Graduate Studies:

[http://umanitoba.ca/graduate\\_studies/](http://umanitoba.ca/graduate_studies/)

For Researchers:

<http://umanitoba.ca/coronavirus#researchers-faqs>

Online Resources for Graduate Students – LiveBinder link

[http://umanitoba.ca/student/academiclearning/grad\\_resources/index.html](http://umanitoba.ca/student/academiclearning/grad_resources/index.html)

## Self-Care and Academic Resources During COVID-19

### **Metis Inclusion Programming**

Although on ground Metis Inclusion programming has been suspended, please join U of M Metis on Facebook to see Metis lectures, films, cultural displays, and scheduled zoom calls in which you can participate. Your Metis Inclusion Coordinator is here to culturally, politically, and academically support self-identifying Metis students and educate non-Metis. Please reach out with any questions you may have, and Laura will be able to assist you.

To book an appointment by phone, please contact the Metis Inclusion Coordinator directly via email, [Laura.Forsythe@umanitoba.ca](mailto:Laura.Forsythe@umanitoba.ca). We also welcome you to send your questions via email or text message (204) 698-7479 to Laura at any time.

The Monday Meal in Michif has moved online Mondays at 5:00 pm for our last two meetings, March 30 and April 6, 2020. Click on the following link to join us [here](#).

### **Student Counselling at Migizii Agamik – Bald Eagle Lodge**

Counselling sessions with Dr. Natasha Ali have moved to an over-the-phone basis. Dr. Ali is available for appointments on Thursday mornings and Fridays 8:30 am -4:30 pm. She can be reached at (204) 474-8850 and asks that students leave the following information when requesting an appointment:

- Name
- Phone Number (or email address)
- Student Number

Counselling sessions with the Clinical Psychologist Intern, Matt, have moved to an over-the-phone basis. Matt can be reached at (204)474-8622 and asks that students leave the following information for an appointment between Monday-Friday, 8:30 am- 4:30 pm:

- Name
- Phone Number
- Student Number

Note: These counseling services are for current University of Manitoba students.

### **Reading Specialist at Migizii Agamik – Bald Eagle Lodge**

Valdine Bjornson, the Indigenous Student Centre Reading Specialist, will continue to be available by phone, FaceTime, or Zoom ([download](#) and create an account for free). To help students with their textbook readings and test preparation needs, her schedule is as follows: April 8 & 15. If you have any questions or want to book an appointment, please contact the Indigenous Student Centre at (204) 474-8850, email [isc@umanitoba.ca](mailto:isc@umanitoba.ca) or email [Valdine.Bjornson@umanitoba.ca](mailto:Valdine.Bjornson@umanitoba.ca).

### **Reference Librarian at Migizii Agamik – Bald Eagle Lodge**

Lyle Ford, the Indigenous Reference Librarian, will continue to be available by phone, FaceTime, or Zoom ([download](#) and create an account for free). To help students with their research and other library questions, his schedule is as follows: April 2 and April 9 between 1:00-4:00 pm. If you have any questions or want to book an appointment, please contact the Indigenous Student Centre at (204) 474-8850, email [isc@umanitoba.ca](mailto:isc@umanitoba.ca) or email [Lyle.Ford@umanitoba.ca](mailto:Lyle.Ford@umanitoba.ca).

## Self-Care and Academic Resources During COVID-19

### **Additional UM Services that can help support you during this challenging time include:**

[Student Counselling Centre](#), [Student Advocacy and Case Management](#), [Student Services at Bannatyne Campus](#), and [Spiritual Care](#). Please reach out directly to them to determine how they can assist you as you navigate the rapid changes in course delivery, everyday routine and lifestyle presented by COVID-19.

### **Academic Learning Centre (ALC)- Tutoring at Migizii Agamik**

Academic Learning Centre content, study skills, and writing tutors will be available for online tutoring or video conferencing via Cisco WebEx. If you have any questions or want to book an appointment, please contact the Indigenous Student Centre at (204) 474-8850 or email [isc@umanitoba.ca](mailto:isc@umanitoba.ca).

To book an appointment or create an account, please visit <https://manitoba.mywconline.com/> and be sure to choose the Migizii Agamik schedule when selecting a time to meet.

### **Video Conferencing with Content Tutors**

**Note:** *You do not need a Cisco WebEx account to video conference. However, it is encouraged that you register and familiarize yourself with this platform, as it is used in most UMLearn courses. You will need to have access to a device (phone, laptop, Ipad, etc.) with video and audio capability.*

1. Read the tutors' biographies to ensure they provide tutoring in the course you need assistance with.
2. [Make an appointment](#) with the tutor in the Migizii Agamik schedule.
3. At the start of the appointment, the tutor will send a link to a Cisco WebEx conference. Click on the link to join the meeting.

### **Video Conferencing with Study Skills Tutors**

1. All ALC tutors at Migizii Agamik, including Golnaz and Antoanela, can provide study skills tutoring.
2. [Make an appointment](#) with the tutor in the Migizii Agamik schedule.
3. At the start of the appointment, the tutor will send a link to a Cisco WebEx conference. Click on the link to join the meeting.

### **Online Writing Tutoring**

1. For online writing tutoring, [make an appointment](#) with Antoanela or Golnaz on the Migizii Agamik schedule or use the drop-down menu to find more writing tutors on other schedules.
2. Upload your paper as a Word accessible file (.rtf, .doc, or .docx) along with the assignment guidelines/instructions. This can be done when making an appointment or any time before the appointment. If necessary, the papers can be reviewed as a .pdf.
3. Click [here](#) for instructions on how to upload a paper to an existing appointment.
4. The writing tutor will review the paper at the time of the appointment and re-attach the file, with comments, to the appointment. You should receive a copy of the document (renamed "Access") in an email with the subject "New File Available: University of Manitoba Academic Learning Centre."

## Self-Care and Academic Resources During COVID-19

### **Traditional Care**

#### **Elders-in-Residence at Migizii Agamik – Bald Eagle Lodge**

Elder Wanda Murdock or Elder Norman Meade are available for support via phone or email communication during this time. To make an appointment with an Indigenous Student Centre Elder, please contact the Indigenous Student Centre at (204) 474-8850.

### **Resources for Online Learning**

During this uncertain time, it is challenging to know how you will complete your term successfully. As courses move to remote delivery, both instructors and students are adapting to a rapidly evolving reality. This guide will provide you with strategies and resources for successfully completing your term during this time.

Remote learning can be a challenge to get used to – but we've developed some resources to help you do so.

Check out UM Student Support resources [here](#).

The University of Manitoba now has access to complimentary student webinars from Innovative Educators to assist with online learning. You can create an account (you will have 30 days of access from the day you create an account) to access the following topics and resources. See below for directions to log in.

#### **Go2Orientation - Orientation For Online Learners**

- How To Be Successful In An Online Class
- Taking Tests Online
- Managing Your Time & Combating Procrastination
- Technical Requirements
- Study Strategies For Online Classes
- Staying Motivated
- Communicating Online With Instructor & Classmates
- Academic Integrity Online
- [What Is Our Online Orientation For Distance Learners?](#)

#### **StudentLingo - Online Student Success Workshops (20 Workshops)**

- Online Learning Skills
- Study Strategies & Test-Taking Skills
- Personal Management & Success Skills
- Research & Writing
- [What workshops are included?](#)

## Self-Care and Academic Resources During COVID-19

### Directions for Log In to Innovative Educators Webinars

To access online resources, visit ([www.go2ie.com/onlinelearningstudent](http://www.go2ie.com/onlinelearningstudent)), and follow the next steps: Here's a screencast that shows you how to log in and what's included in the site. [Screencast](#)

Create an account

- Fill out the information about who you are and where you study
- Start utilizing online orientation and student success workshops

### Financial Aid

The University of Manitoba has created a fund to provide some financial support to students facing financial hardship due to the current COVID-19 pandemic. See below to learn more.

<https://news.umanitoba.ca/pandemic-relief-fund-will-provide-emergency-financial-support-to-students/>

Please see below for information on accessing Financial Aid from the Federal Government:

<https://www.cbc.ca/news/canada/apply-emergency-benefits-1.5501977>

For more information on Canada's COVID-19 Economic Response Plan: Support for Canadians and Businesses, visit: <https://www.canada.ca/en/departement-finance/economic-response-plan.html>

### Income Tax Information

The Community Volunteer Tax Program has advised that individuals can use the [Free Tax Software](#) found on the Government of Canada website to file their tax returns. Any questions regarding how to file, where to claim items etc. can be answered by the Call Centre at 1(800) 959-8282.

### Student Parking Pass Cancellation

To cancel your parking pass, fill out the [student parking cancellation form \(PDF\)](#) and submit to [Parking Services](#).

### Food Safety

It is important that you are nourishing during this time. If you need assistance, we suggest starting here and please call ahead (expect long wait times on the phone) before visiting to make sure they are open.

### Manitoba Harvest

(<https://winnipegharvest.org/need-help/need-food/>)

Please call (204) 982-3660 to make an appointment to pick up food. Please have your Manitoba Health card number ready when you call.

### Food Banks Canada

(<https://www.foodbankscanada.ca/Find-a-Food-Bank.aspx...>)

This is a useful tool to find Food Banks located near you.

### University of Manitoba Campus Food Bank

It is temporarily closed until further notice.

Self-Care and Academic Resources  
During COVID-19

**Indigenous Health Lines**

**Hope for Wellness Help Line**

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. It is available 24 hours a day, 7 days a week to offer counselling and crisis intervention.

**Call the toll-free Help Line** at 1 (855)242-3310 or connect to the online chat at [hopeforwellness.ca](https://hopeforwellness.ca)

**Talk4Healing**

A culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Canada (formerly only offered in Ontario). <https://www.talk4healing.com/>

**Call the toll-free Help Line** at 1 (855)554-HEAL or 1 (855)554-4325

**Student Support Line**

**Empower Me Clinical Response Centre**

If you would like extra support during this time, please consider connecting with Empower Me Clinical Response Centre. It is a 24/7 mental health and wellness service that connects students with counsellors.

**Toll free:** 1-844-741-6389

[https://ear.powerflexweb.com/1545/login\\_SC.html](https://ear.powerflexweb.com/1545/login_SC.html) (password: "studentcare")

**Community Resource Phone List**

[Shared Health Manitoba Mobile Crisis Service](#) (204) 940-1781

[Shared Health Manitoba Crisis Stabilization Unit](#) (204) 940-3633

[KLINIC Crisis Line 24/7](#) (204) 786-8686, Toll free: 1(888)322-3019

[KLINIC Sexual Assault Line](#) (204) 786-8631

[Anxiety Disorders of Manitoba](#) (204) 925-0600

[Canadian Mental Health Services \(self-referral\)](#) (204) 940-2655

[Manitoba Schizophrenia Society](#) (204)786-1616

[Mental Health Advocate \(CMHA\)](#) (204) 982-6100

[Manitoba Suicide Prevention & Support Line \(24/7\)](#) Toll-free: 1(877) 435-7170

[Suicide Bereavement Counselling](#) (204) 784-4059

[Youth Mobile Crisis Team](#) (204) 949-4777

[Health Links](#) (204) 788-8200

[Addictions Foundation of Manitoba \(AFM\)](#) (204) 944-6200

[Mood Disorders Association](#) (204) 786-0987

**For additional resources visit:**

Province of Manitoba Health/Mental Health Resources: <https://www.gov.mb.ca/health/mh/crisis.html>