



## Backgrounder

Jessica Anderson, Hilary Fontus, Jayme Wilson  
Humber PRC Media Relations Committee  
SSE Wellness Event  
[HumberSSEWellness@gmail.com](mailto:HumberSSEWellness@gmail.com)

### SSE x PRC: Ways to Wellness

When the Covid-19 pandemic hit the world in March 2020, the Students of Humber had a very short amount of time to adapt to the changes that the pandemic brought along. The pandemic meant spending more time on screens and less time interacting with peers face to face. Being stuck at home and gym closures sure contributed to the deterioration of several students' mental health.

In efforts to help students during this transition, the Humber Student Success and Engagement Centre has made it its mission to provide resources accessible to all the Humber Community.

The Humber Student Success and Engagement Centre's services include the following:

- Athletics & Recreation
- Student Events
- Student Wellness & Equity
- Transition & Academic Support

Its main goal is to support students by providing services that promote student health, wellness and inclusivity. The Student Success and Engagement Centre offers several education and career-related support services to aid Humber students and recent graduates to attain personal and professional goals.





The Student Success and Engagement Centre has been an integral part of the Public Relations Post-Graduate Certificate as it provided several opportunities to build capacities and share its resources and ensure the success of our event planning project in the past few years.

The Student Success and Engagement Centre compliments the Ways to Wellness Event as both have the mission to help students and members of the community become the best version of themselves.





## Fact Sheet

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Monday, December 6, 2021

### Featured Vendors

- Athletics
- The BASE
- Indigenous Education & Engagement
- Student Life
- Student Wellness & Accessibility

### Raffle Prizes

- Starbucks e-gift card \$15 (x2)
- Headspace subscription e-gift card for one month access (x2)
- Well.ca e-gift card \$40 (x2)
- Saje.ca e-gift card \$50 (x2)
- Bose Sleep Buds or e-gift card of equivalent amount

### Follow us

- Facebook: @HumberSSEWellness
- Twitter: @SSE\_Wellness
- Instagram: @sse\_wellness
- TikTok: @ssewellness





## Media Advisory

**MEDIA ADVISORY:** Humber College hosts the second online Student Success & Engagement Wellness Event.

**Attention:** Wellness, Lifestyle, Local (Toronto)

TORONTO - Monday, December 6, 2021

**What:** Humber College is hosting the second annual Student Success & Engagement Wellness Event. This event will be taking place online following COVID-19 public health guidelines. The Student Success & Engagement (SSE) department is responsible for supporting students inside and outside the classroom through various services. This event will raise on-campus awareness about wellness services, resources and support available to students. Through an accessible, inclusive and engaging experience, we will provide information about accessing wellness services. This is also an opportunity for our Humber and greater Toronto community to show support for student wellness and mental health.

**Who:** Kat Cornejo, Co-Chair, SSE Wellness Event  
Mia Palantzas, Co-Chair, SSE Wellness Event  
Maggie Hobbs, Director of Student Events, Student Success & Engagement  
Kizzy Joseph, Student Events Administrator, Student Success & Engagement

**Where:** Virtually on Microsoft Teams, Please register here:

<https://www.eventbrite.ca/e/ways-to-wellness-tickets-195519954447>

**When:** Monday, December 6, 2021 at 1:30- 2:30pm

**Contact us:** Jessica Anderson, Hilary Fontus, Jayme Wilson  
Humber PRC Media Relations Committee  
SSE Wellness Event  
[HumberSSEWellness@gmail.com](mailto:HumberSSEWellness@gmail.com)





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TikTok: @ssewellness



## Media Release

### NEWS RELEASE

Attention: Wellness, Lifestyle, Local  
(Toronto)

Dec. 6, 2021

### MEDIA CONTACT:

Jessica Anderson, Hilary Fontus, Jayme  
Wilson  
Humber PRC Media Relations Committee  
SSE Wellness Event  
HumberSSEWellness@gmail.com

**You're invited to the Wellness Event of the year**  
***Humber College hosts Student Success & Engagement Wellness Event***

TORONTO - Humber College is hosting the second annual Student Success & Engagement (SSE) Wellness Event. This event will be taking place online following COVID-19 public health guidelines. The Student Success & Engagement (SSE) department is responsible for supporting students inside and outside the classroom through various services. This event will raise on-campus awareness about wellness services, resources and support available to students.

“Through an accessible, inclusive and engaging experience, we will provide information about accessing wellness services. This event will teach students about the resources that can support them during difficult times,” says Maggie Hobbs, director of student events, Student Success & Engagement. “This is also an opportunity for our Humber and greater Toronto community to show support for student wellness and mental health.”

The event is open to students, faculty, staff and media to raise awareness about student wellness. Some vendors that will be attending include Athletics, The BASE, Indigenous Education & Engagement, Student Life and Student Wellness & Accessibility.

“Our goal is to make wellness and mental health accessible to students,” says Kizzy Joseph, student events administrator, Student Success & Engagement. “Mental health discussions tend to be overwhelming; we aim to paint a different picture by indicating how small changes can make huge impacts.”

The event will take place on Microsoft Teams on December 6, 2021 from 1:30 P.M. to 2:30 P.M. Interactive activities and raffles will take place. Anyone who joins will be given the opportunity to win either a Well.ca e-gift card valued at \$40, a Saje Natural Wellness e-gift card valued at \$50, or Bose Sleep Buds (or e-gift card of equivalent amount).



Follow us at @HumberSSEWellness on Facebook, @SSE\_Wellness on Twitter, @sse\_wellness on Instagram or @ssewellness on TikTok for updates about the event. To register for the event, [please click here.](#)

**About:** The Department of Student Success & Engagement (SSE) supports students' active participation in experiential initiatives, promotes student health, wellness and inclusivity, and offers a variety of educational and career-related support services to help current Humber students, recent graduates and newcomers to Canada achieve their academic and personal goals. SSE also supports our local communities by providing opportunities to build capacity and share resources. SSE comprises the Athletics and Recreation, Student Events, Student Wellness and Equity, and Transition and Academic Support departments. To learn more, visit: <http://humber.ca/student-life/>



## Media List

Outlet	Name	Contact Information
<b>Internal Media</b>		
Humber TV	N/A	416-675-6622 humber.ca/htv
Faculty of Media and Creative Arts, Lakeshore and North Campuses	Guillermo Acosta, Senior Dean	<a href="mailto:orontoo.acosta@humber.ca">orontoo.acosta@humber.ca</a>
Radio Humber	Kylee Winn, Promotions Coordinator	<a href="mailto:kylee.winn-turott@humber.ca">kylee.winn-turott@humber.ca</a>
Humber Et Cetera	Rob Lamberti, Faculty Advisor	<a href="mailto:etc.humber@gmail.com">etc.humber@gmail.com</a>
In the News (Guelph-Humber)	Ken Turiff, Manager of Communications and PR	416-798-1331 (Ext. 6114) <a href="mailto:ken.turiff@guelphhumber.ca">ken.turiff@guelphhumber.ca</a>
Communique	N/A	<a href="https://humber.ca/staff/node/add/submission">https://humber.ca/staff/node/add/submission</a>
<b>External Media</b>		
BlogTO	N/A	<a href="https://www.blogto.com/events/add/">https://www.blogto.com/events/add/</a>
Narcity	N/A	<a href="https://www.narcity.com/news-tip">https://www.narcity.com/news-tip</a>
Toronto Star	N/A	416-869-4300 city@thestar.ca
Globe and Mail	N/A	publiceditor@globeandmail.com
Etobicoke Guardian	Hunter Fallon-Crowther, Community Events	416-774-2330 hcrowther@toronto.com
680 News	N/A	416-872-6397





CP24	N/A	416-384-4300 breakingnews@cp24.com
<b>VIP Guests</b>		
President and CEO, Humber College	Chris Whitaker	chris.whitaker@humber.ca
Director of Communications, Humber College	Andrew Leopold	<a href="mailto:andrew.leopold@humber.ca">andrew.leopold@humber.ca</a> 416-675-6622 (Ext. 4296)
PR and Communications Manager, Humber College	Emily Millic	<a href="mailto:emily.millic@humber.ca">emily.millic@humber.ca</a> 416-675-6622 (Ext. 5778)
Mayor of Toronto	John Tory	mayortory@toronto.ca
MPP - Etobicoke	Christine Hogarth	christine.gorgath@pc.ola.org
MP - Etobicoke	James Maloney	james.maloney@parl.gc.ca
Toronto City Council Member - Etobicoke North	Micheal Ford	councillor_mford@toronto.ca
Toronto City Council Member - Etobicoke Lakeshore	Mark Grimes	councillor_grimes@toronto.ca