News You Can Use: Bulletin for StFX Students
April 1, 2020

This Bulletin includes:

Departmental Service Updates
- Diversity Engagement Centre
- Student Career Services
- Frank McKenna Centre for Leadership - Xaverian Leaders Micro-Grants

Helpful Student Resources
- Thoughts on Resilience
- Canada Emergency Response Benefit

COVID-19 Links

For the most recent information concerning Academic Classes and Alternate Delivery, please check the StFX website here.

DEPARTMENTAL SERVICE UPDATES

DIVERSITY ENGAGEMENT CENTRE
With the closure of StFX due to the current pandemic, many 2SLGBTQIA+ students are self-isolating in environments that are unsupportive or unsafe. Please let this message serve as a reminder that, even though others may not like or understand who you are, your identity is valid and you are who you are.

For those seeking support:
- The GSDA is offering FREE video chat support sessions through Zoom - contact Claydon Goering at cgoering@stfx.ca to set up a session.
- Call, text, or chat with Peer Support Volunteers at the LGBT Youthline; call: 1-800-268-9688, text: 647-694-4275.
- Create a list of affirmations and read them to yourself often.
- Reach out to friends and keep yourself connected.
- If it is possible, set boundaries with unsupportive family members by not talking to them or distancing yourself physically from them.
For more strategies for self-isolating in a non-LGBTQ+ affirming environment, check out this link from Them.

**STUDENT CAREER SERVICES**
We are offering employment related services by email. Please email your question(s) to Jane MacDonald, jsmacdon@stfx.ca. Student Career Services also has additional help resources available on our website at http://www2.mystfx.ca/scc/online-handouts

**FRANK McKENNA CENTRE for LEADERSHIP**

**Xaverian Leaders Micro-Grants**
The McKenna Centre wishes to contribute to ongoing efforts to help our community deal with the significant challenges that the COVID-19 crisis poses for all members of the StFX community. The Xaverian Leaders Micro-Grants focus on returning StFX students, many of whom face increased financial hardship as a result of recent disruptions.

The McKenna Centre will offer **six Xaverian Leaders Micro-Grants of $2,500** for the summer of 2020.

The six grant recipients will also be invited to present their ideas and the results of their projects during a special session of one of our three upcoming Xaverian Leaders Symposia (the “Non-Traditional Leadership” Symposium, February 5-7, 2021).

Please **check your email** for further information describing the aim of the grants, project proposals, and details on how to apply. Applications are due by **April 30th**. For further questions on the Xaverian Leaders Micro-Grants, email lead@stfx.ca.

**HELPFUL RESOURCES for STUDENTS**

**RESILIENCE**
Our communications to date have provided a great emphasis on the mental health supports and resources available to you. That is important information. Equally important is that we take a moment and celebrate the strength and resilience we are seeing in our community as we approach the last day of classes for the term. **You are almost there!**

As you move into exams, please take a moment to reflect on what has worked for you over the past few weeks.

We are seeing so many examples every day of StFX students choosing to manage and react to stressful situations with strength, resilience and cooperation. We hope you will
join us today to reflect and celebrate your resilience and the resilience of our community.

**CANADA EMERGENCY RESPONSE BENEFIT**

The government has proposed legislation to establish the Canada Emergency Response Benefit (CERB). This taxable benefit would provide $2,000 a month for up to four months for workers who lose their income as a result of the COVID-19 pandemic.

- The CERB would apply to wage earners, as well as contract workers and self-employed individuals who would not otherwise be eligible for Employment Insurance (EI). All Canadians who have ceased working due to COVID-19, whether they are EI-eligible or not, would be able to receive the CERB to ensure they have timely access to the income support they need. The government is working to get money into the pockets of Canadians as quickly as possible.
- The portal for accessing the CERB would be available in early April. Canadians would begin to receive their CERB payments within 10 days of application. The CERB would be paid every four weeks and be available from March 15, 2020 until October 3, 2020.
- More information is available [here](https://novascotia.ca/coronavirus/).

**COVID-19 LINKS**

StFX University Resources: [https://www.stfx.ca/coronavirus](https://www.stfx.ca/coronavirus)

If members of the campus community have questions/concerns that are not covered within our FAQs, please email Comments&Questions@stfx.ca. This email will be monitored 9 a.m. – 4:30 p.m., Monday to Friday.

Province of Nova Scotia Resources: [https://novascotia.ca/coronavirus/](https://novascotia.ca/coronavirus/)