

Monday Memo

Department of Psychology
University of Calgary
December 19th 2022



Happy Holidays!



Hanukkah started last night on December 18th at sundown. Christmas is only 6 days away. Whatever you celebrate, Happy Holidays!

Volunteer & Job Opportunities

APA Student Climate Survey: Share with Your Doctoral Students

What is the training climate like for graduate students in psychology? What are the experiences of those from underrepresented or minoritized groups? APA and the Science Student Council have launched a survey to learn more about graduate student training experiences in psychological science. These data will help us address strengths and weaknesses that may affect pathways for a diverse workforce of scientists.

Access the APA Science Student Survey here:

https://apamr.co1.qualtrics.com/jfe/form/SV_d1k0vIGSpFHC3iK

The University of Calgary Psychology Clinic is accepting referrals for their upcoming Anxiety Group for children and their parents.



Anxiety Group for Children and Parents



For children ages 9 - 11

**Thursdays
4:00pm – 5:30pm
Starting
February 9th
2023**

**\$120 for 8 group sessions and
4+ individual sessions**

Group Goals:

- Reduce anxiety symptoms
- Reduce family distress
- Increase confidence
- Improve peer relationships

Call or Email Today
To determine if your
child may be suitable

psyclinic@ucalgary.ca
403 220 7731

Limited seats available
Deadline to sign up:
January 13th, 2023



**UNIVERSITY OF
CALGARY**



DEPARTMENT OF PSYCHOLOGY
EQUITY, DIVERSITY, & INCLUSION
(EDI) COMMITTEE

Do you want to improve your allyship knowledge and skills?

Join the pilot offering of a new
allyship group model in the
Department of Psychology in the
Winter 2023 semester

WE RECOGNIZE THAT IDENTITIES ARE INTERSECTIONAL. IF YOU ARE A MEMBER OF BOTH AN EQUITY/SOVEREIGNTY-DESERVING AND DOMINANT/PRIVILEGED GROUP, YOU ARE WELCOME TO SIGN UP FOR BOTH OUR AFFINITY AND ALLYSHIP GROUP PILOTS.

What are allyship groups?

Allyship groups are spaces for members of dominant/privileged groups to gather, share experiences, learn together, and build and practice key allyship skills.

Dominant/privileged groups include (but are not limited to) White settlers, cisgender men, heterosexual folks, able-bodied folks, Canadian citizens, and neurotypical folks (among others), and their intersections.

KEY INFORMATION

- Groups are open to current graduate students, staff, and faculty in the Department of Psychology, who self-identify as a member of a dominant/privileged group(s)
- A free 90-minute group will be held in-person once a week for 6 weeks in the Winter 2023 semester (exact day of week & time TBD)
- Groups will be facilitated by members of the Department's EDI Committee

BENEFITS

- Opportunity to connect with folks across the department and across identities
- Chance to contribute to the refinement and future development of these new groups in the department



Please visit
<https://tinyurl.com/EDIA11>

or scan the QR code to apply by **January 10, 2023**.

We will try to accommodate as many applicants as we can, but space is limited! If you have any questions, please connect with us at edi.psychology@ucalgary.ca.

INTERESTED?



DEPARTMENT OF PSYCHOLOGY
EQUITY, DIVERSITY, & INCLUSION
(EDI) COMMITTEE

Are you a member of an equity- or sovereignty-deserving group looking for mutual support?

Join the pilot offering of a new
affinity group model in the
Department of Psychology in the
Winter 2023 semester

WE RECOGNIZE THAT IDENTITIES ARE INTERSECTIONAL. IF YOU ARE A MEMBER OF BOTH AN EQUITY/SOVEREIGNTY-DESERVING AND DOMINANT/PRIVILEGED GROUP, YOU ARE WELCOME TO SIGN UP FOR BOTH OUR AFFINITY AND ALLYSHIP GROUP PILOTS.

What are affinity groups?

Affinity groups are spaces for members of equity- and sovereignty-deserving groups to gather, share experiences, build community, and identify common issues and solutions.

Equity- and/or sovereignty-deserving groups include (but are not limited to) racialized folks, Indigenous peoples, 2SLGBTQIA+ folks, women, disabled folks, newcomers & refugees, and neurodiverse folks (among others), and their intersections.

KEY INFORMATION

- Groups are open to current graduate students, staff, and faculty in the Department of Psychology, who self-identity as a member of an equity- and/or sovereignty-deserving group(s)
- A **free** 90-minute group will be held in-person once a week for 6 weeks in the Winter 2023 semester (exact day of week & time TBD)
- Groups will be facilitated by an experienced facilitator from outside the department

BENEFITS

- Opportunity to connect with folks across the department and across identities
- Chance to contribute to the refinement and future development of these new groups in the department



Please visit
<https://tinyurl.com/EDIAff>

or scan the QR code to apply by **January 10, 2023**.
We will try to accommodate as many applicants as we can, but space is limited! If you have any questions, please connect with us at edi.psychology@ucalgary.ca.

INTERESTED?

Caregiver needed for our 6-year-old special needs son

Our family is looking for an experienced caregiver for my 6-year-old son to work 5-6 hours a day, Monday to Friday starting January 3. The shift is 10:30am to 5:30pm, Monday to Friday. Our son is a very happy 6-year-old who is physically disabled (Cerebral Palsy), and non-verbal. We need someone who is positive, healthy, compassionate, and willing to push him to his best abilities. Duties include feeding, personal hygiene, transferring in and out of wheelchair, preparing meals, helping him with light exercises, play, working with therapists, doing household chores, and occasionally helping to look after younger sibling with typical needs. We will also require care for him when he is sick and not feeling well. Pay \$22/hour before taxes (This is NOT a cash job). We are in SW Calgary off of Bow Trail.

If you are interested in applying, please email your resume to anne_v@shaw.ca or call/text 403-999-9955

Respite Help Wanted

We are looking for respite care for our 11 year old daughter with Cerebral Palsy in COCHRANE. We currently have funding for 4 hours a week (16 hours a month) at \$25/hour, with the possibility that the number of hours will grow once we are connected with FSCD. Hours would primarily be after school (from 2:30-6:30pm or on the weekend), immediate start a possibility. Although respite experience is an asset, we are happy to train the right long-term candidate: criminal record check and vulnerable sector checks required. Some lifting (~55lb) may be required, especially in community settings like the pool, etc (we do have a mechanical lift at home that can be used). Our family of 5 looks forward to meeting you!

Email us at kuperisfamily@gmail.com or call / text Sam at 403-390-3501

Respite position

Seeking a female student to provide respite.

We are looking for a female student to work one on one with our 10-year old daughter. Our daughter is a very happy social girl and needs someone that is positive, motivational and compassionate to work with her. She has weakness in her lower extremities and needs help to improve her balance, coordination and strength.

Located in NW Calgary (Rocky Ridge).

Hours are 4PM-6 PM Monday -Thursday and weekend 1PM-4PM

Duties include the following:

- Provide physical therapy to strengthen her legs – can be shown some exercises to incorporate into daily schedule
- Assist in biking at home or in park
- Provide care and supervise our child
- Provide safe, stimulating and recreational support both in the home and in the community
- Work hours: 8-12 hrs/ week Salary: \$20.00/hr

To apply for this position please send an email to: mannu@shaw.ca or call or text Sonia: (403)471-1113

Submissions to the Monday Memo

Please submit your upcoming events, open positions, announcements, congratulations and more for the Monday Memo through this link: https://survey.ucalgary.ca/jfe/form/SV_77Cs2PySTolknwW

Please submit Fridays by 12pm noon to be included the following Monday.

Monday Memo is on break until Monday, January 9th, 2023.