

# WE HELP REMOVE BARRIERS.

A photograph of a diverse group of students in a bright, modern classroom. In the foreground, a young man with glasses and a black t-shirt is looking at a laptop screen, while a young woman with curly hair and a green jacket leans in to look at it. In the background, two other students are seated at a desk, also working. The room has large windows letting in natural light.

EVENTS & PROGRAMMING  
CALENDAR: Winter 2026

STUDENT  
**LIFE**

Accessibility  
Services

## GENERAL

### **Access Us Peer Mentorship Program** *(hosted by UTSG)*

**Variable Dates** – register online through UTSG website

### **Peer Advisor Drop-Ins** *(hosted by UTSG)*

**Mondays, 12 – 4 p.m.**

*Online only through [studentlife.utoronto.ca/as](https://studentlife.utoronto.ca/as)*

**Tuesdays to Thursdays, 12 – 4 p.m.**

*In Person at 455 Spadina Ave, Suite 400*

*and online [studentlife.utoronto.ca/as](https://studentlife.utoronto.ca/as)*

### **Peer Mentor Learning Community One-on-One Mentor Connections** *(hosted by UTM)*

**Variable Dates** – register online through UTM website

### **Should I Drop or Not** *(hosted by UTSC)*

**Variable Dates** – drop-in information available through UTSC website

## ACADEMIC AND LEARNING

### **Accessibility Grad Writing Group** *(hosted by UTSG)*

**Variable dates** – register online through UTSG website or Folio events

### **Accessibility Grad Productivity Group: Actually Work From Home!** *(hosted by UTSG)*

**Variable dates** – register online through UTSG website or Folio events

### **Accountability Check-Ins** *(hosted by UTSG)*

**Weekly, Mondays & Fridays, 12 – 12:30 p.m.**

### **ADHD Study Hubs** *(hosted by UTSG)*

**Variable dates** – register online through UTSG website or Folio events

### **Peer Mentor Learning Community Study & Art Café** *(hosted by UTM)*

**Thursday, January 15, 12 – 2 p.m.**

**Thursday, January 22, 12 – 2 p.m.**

**Thursday, January 29, 12 – 2 p.m.**

**Tuesday, February 3, 2 – 4 p.m.**

**Tuesday, February 10, 2 – 4 p.m.**

**Tuesday, February 17, 2 – 4 p.m.**

**Tuesday, February 24, 2 – 4 p.m.**

**Thursday, March 5, 12 – 2 p.m.**

**Thursday, March 12, 12 – 2 p.m.**

**Thursday, March 19, 12 – 2 p.m.**

**Thursday, March 26, 12 – 2 p.m.**

**Tuesday, March 31, 2 – 4 p.m.**

### **Study Hub** *(hosted by UTM)*

**Weekly, Thursdays, 1:30 – 4 p.m.**





## LEARNING SKILLS WORKSHOPS

### Accessible Intelligence: Using AI to Support Diverse Learning Needs *(hosted by UTSG)*

Thursday, January 15, 3 – 4 p.m.

Thursday, February 12, 11 a.m. – 12 p.m.

### Active Study Methods *(hosted by UTSC)*

Wednesday, February 11, 4:30 – 5:15 p.m.

### BookSmart: Test & Exam Booking Support *(hosted by UTM)*

Monday, January 12, 1 – 2:30 p.m.

Wednesday, January 14, 10 a.m. – 12 p.m.

Tuesday, January 20, 11 a.m. – 1 p.m.

Friday, March 13, 1 – 3 p.m.

### Burnout Prevention and Routines for Resilience *(hosted by UTSG)*

Friday, January 30, 3 – 4 p.m.

Tuesday, February 10, 3 – 4 p.m.

### Effective Notetaking *(hosted by UTM)*

Tuesday, January 30, 3 – 4 p.m.

### Effective Reading *(hosted by UTM)*

Friday, January 16, 12 – 1 p.m.

### Effective Reading Strategies *(hosted by UTSG)*

Monday, January 12, 11 a.m. – 12 p.m.

Thursday, February 5, 11 a.m. – 12 p.m.

### Exam Preparation *(hosted by UTM)*

Monday, March 6, 2 – 3 p.m.

### Goal Setting & Self-Directed Learning *(hosted by UTM)*

Wednesday, January 28, 1 – 2 p.m.

### Group Learning Strategy Sessions *(hosted by UTSG)*

Friday, January 9, 11 a.m.:

*Realistic Time Management*

Wednesday, January 14, 2 p.m.:

*Perfectionism: Moving Towards Progress*

Friday, January 23, 11 a.m.:

*Overcoming Procrastination and Building Motivation*

Wednesday, January 28, 2 p.m.:

*Realistic Time Management*

Friday, February 6, 11 a.m.:

*Perfectionism: Moving Towards Progress*

Wednesday, February 11, 2 p.m.:

*Overcoming Procrastination and Building Motivation*

Friday, February 20, 11 a.m.:

*Realistic Time Management*

Wednesday, February 25, 2 p.m.:

*Perfectionism: Moving Towards Progress*

Friday, March 6, 11 a.m.:

*Overcoming Procrastination and Building Motivation*

Wednesday, March 11, 2 p.m.:

*Realistic Time Management*

Friday, March 20, 11 a.m.:

*Perfectionism: Moving Towards Progress*

Wednesday, March 25, 2 p.m.:

*Overcoming Procrastination and Building Motivation*

Wednesday, April 8, 2 p.m.:

*Realistic Time Management*

Friday, April 17, 11 a.m.:

*Perfectionism: Moving Towards Progress*

Wednesday, April 22, 2 p.m.:

*Overcoming Procrastination and Building Motivation*

### Level Up Your Learning: Game-based study tips *(hosted by UTSG)*

Monday, February 9, 2:30 – 3:30 p.m.

Tuesday, March 10, 1:30 – 2:30 p.m.

## **Making It Work: Adaptive Strategies for Grad School**

**Friday, January 23, 4 – 5 p.m.**

**Monday, February 2, 3 – 4 p.m.**

## **Memory Strategies for Tests and Exams (hosted by UTSG)**

**Tuesday, February 10, 3 – 4 p.m.**

**Wednesday, March 25, 11 a.m. – 12 p.m.**

## **Navigating Life and Learning with a New Diagnosis Series (hosted UTSG)**

**Tuesday, February 3, 1 p.m.:**

*Navigating Your Diagnosis and Academic Success*

**Tuesday, February 10, 1 p.m.:**

*Time Management and Executive Functioning Strategies*

**Tuesday, February 24, 1 p.m.:**

*Self-Advocacy and Writing Formal Requests*

**Wednesday, March 11, 11 a.m.:**

*Navigating Your Diagnosis and Academic Success*

**Wednesday, March 18, 11 a.m.:**

*Time Management and Executive Functioning Strategies*

**Wednesday, March 25, 11 a.m.:**

*Self-Advocacy and Writing Formal Requests*

## **Perfectionism: Tackling Procrastination and Making Progress (hosted by UTSC)**

**Wednesday, February 25, 1 – 2:30 p.m.**

## **Preparing and Writing Final Exams (hosted by UTSC)**

**Monday, March 30, 1 – 2:30 p.m.**

## **Preparing for In-Person Tests and Exams (hosted by UTSG)**

**Wednesday, February 18, 11 a.m. – 12 p.m.**

**Thursday, March 26, 2:30 – 3:30 p.m.**

## **Presentations & Group Collaborations (hosted by UTM)**

**Wednesday, February 4, 2026, 10 – 11 a.m.**

## **Public Speaking: Effective Communication & Presentation Skills (hosted by UTSG)**

**Wednesday, January 21, 2:30 – 3:30 p.m.**

**Tuesday, March 3, 3 – 4 p.m.**

## **Skill-Based Notetaking (hosted by UTSG)**

**Friday, January 9, 2 – 3 p.m.**

**Tuesday, January 13, 2 – 3 p.m.**

**Monday, January 19, 1:30 – 2:30 p.m.**

## **Self-Advocacy (hosted by UTSC)**

**Wednesday, April 1, 4:30 – 5:15 p.m.**

## **Self-Motivation & Procrastination (hosted by UTM)**

**Monday, March 2, 10 – 11 a.m.**

## **Test Taking Strategies (hosted by UTM)**

**Friday, February 6, 12 – 1 p.m.**

## **Time Management: On Your Hours (hosted by UTSC)**

**Tuesday, January 20, 1 – 2:30 p.m.**

## **Using Reading Week Effectively (hosted by UTSG)**

**Wednesday, February 11, 1 – 2 p.m.**

**Tuesday, February 17, 11 a.m. – 12 p.m.**

## **Why Can't I Focus? (hosted by UTSG)**

**Tuesday, February 16, 2 – 4 p.m.**

## **Using Your Accommodations (hosted by UTSC)**

**Wednesday, January 21, 4:30 – 5:15 p.m.**



## CAREERS EVENTS

### Career Pathways for Neurodivergent Students *(hosted by UTSG)*

Wednesdays, February 4 to March 4, 1 – 3 p.m.

### Disclosure and Accommodation in the Workplace *(hosted by UTSG)*

Wednesday, January 21, 1 – 2:30 p.m.

### Identities @ Work: Sexual and Gender Diversity, Accessibility, and Careers *(hosted by UTSG)*

Monday, February 9, 12 – 1 p.m.



## CONNECTING AND COMMUNITY

### AccessAbility Services Student Socials *(hosted by UTSC)*

Wednesday, January 21, 5:15 – 6:30 p.m.

Wednesday, February 11, 5:15 – 6:30 p.m.

Wednesday, April 1, 5:15 – 6:30 p.m.

### ASD Peer Connections for Women & Trans Students *(hosted by UTSG)*

Monday, January 12, 3:30 – 4:30 p.m.

Monday, January 26, 3:30 – 4:30 p.m.

Monday, February 9, 3:30 – 4:30 p.m.

Monday, February 23, 3:30 – 4:30 p.m.

Monday, March 9, 3:30 – 4:30 p.m.

Monday, March 23, 3:30 – 4:30 p.m.

Monday, April 6, 3:30 – 4:30 p.m.

### Children of Paradise *(hosted by UTSG)*

Thursday, January 29, 11 a.m. – 1 p.m.

### Crochet and Knitting Club *(hosted by UTSG)*

Friday, January 23, 3 – 4 p.m.

Friday, March 6, 3 – 4 p.m.

### Dragon's Den: Video and Board Games Club *(hosted by UTSG)*

Friday, January 9, 1 – 2:30 p.m.

Friday, February 13, 1 – 2:30 p.m.

Friday, March 13, 1 – 2:30 p.m.

Friday, April 10, 1 – 2:30 p.m.

### Social Connections *(hosted by UTM)*

Friday, January 16, 2 – 3 p.m.

Friday, January 23, 2 – 3 p.m.

Friday, January 30, 2 – 3 p.m.

Friday, February 6, 2 – 3 p.m.

### SASA (Social Association for Students with ASD) *(hosted by UTSG)*

Friday, January 16, 1 – 2:30 p.m. *(in person)*

Friday, January 23, 1 – 2:30 p.m. *(online)*

Friday, February 20, 1 – 2:30 p.m. *(in person)*

Friday, February 27, 1 – 2:30 p.m. *(online)*

Friday, March 20, 1 – 2:30 p.m. *(in person)*

Friday, March 27, 1 – 2:30 p.m. *(online)*

For more details, event descriptions and registration information, please visit:

Folio: [folio.utoronto.ca/students/events](https://folio.utoronto.ca/students/events)

UTSG: [studentlife.utoronto.ca/department/accessibility-services](https://studentlife.utoronto.ca/department/accessibility-services)

UTM: [utm.utoronto.ca/accessibility/registered-students/get-involved](https://utm.utoronto.ca/accessibility/registered-students/get-involved)

UTSC: [UTSC.utoronto.ca/ability/upcoming-events](https://utsc.utoronto.ca/ability/upcoming-events)



A top-down view of a student with brown hair in a ponytail, wearing a white shirt with red and blue stripes on the sleeves, sitting at a wooden desk. On the desk are various items: a blue bag, a pink folder, a purple folder, a spiral notebook, a yellow highlighter, an orange highlighter, a yellow sticky note, and a pink sticky note with a diagram. The background is a wooden floor.

**STUDENT  
LIFE**

## **Accessibility Services**

Welcome to Accessibility Services! We provide a range of programming to support learning, problem-solving & inclusion. Meet with learning strategists, accessibility advisors & upper-year peers registered with our office. Dates and times are subject to change, so please visit our website for current information: [accessibility.utoronto.ca](https://accessibility.utoronto.ca)

### **CONTACT INFORMATION**

Phone: 416-978-8060

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Website: [accessibility.utoronto.ca](https://accessibility.utoronto.ca)