

WE HELP REMOVE BARRIERS.



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

Tuesdays to Thursdays, 12 – 4 p.m.

In Person at 455 Spadina Ave, Suite 400

and online 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 USTG)

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.

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*)

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.

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

Folio: folio.utoronto.ca/students/events

UTSG: studentlife.utoronto.ca/department/accessibility-services

UTM: utm.utoronto.ca/accessibility/registered-students/get-involved

UTSC: UTSC.utoronto.ca/ability/upcoming-events



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

CONTACT INFORMATION

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