

Appendix

A

Resources

A number of resources available on campus and in the Kingston community have been listed on the following pages. Note that individual programs and faculties at Queen's University may also offer a variety of helpful resources. Be sure to check with your faculty or program for additional, specific resources that may be available to you.

Academics	
<p>Academic Advising (Faculty of Arts and Science) Provides assistance in exploring study options.</p>	<p>613-533-2470 Mackintosh-Corry Hall, Room F200 http://www.queensu.ca/artsci/help/advising-in-arts-and-science/advising-appointments</p>
<p>Academic Advising (Faculty of Engineering and Applied Science) Provides assistance with questions concerning your program.</p>	<p>613-533-6000 ex. 79406 Beamish Munro Hall, Room 300 http://engineering.queensu.ca/Current-Students/Registration-Guide/Academic-Advisors.html</p>
<p>Academic Advising (Commerce) Can help with timetable issues, course selection, degree requirements, etc.</p>	<p>Access using Commerce Portal Goodes Hall, 1st floor Undergraduate office http://business.queensu.ca/bcom/current_students/student_services.php</p>
<p>Disability Services Office (DSO) Assists students with disabilities by providing advocacy and support, as well as recommending accommodations.</p>	<p>613-533-6467 [e] dso@queensu.ca LaSalle Building, 146 Stuart St, First floor http://www.queensu.ca/hc/ds/index.html</p>
<p>Learning Strategies (Part of Student Academic Success Services) Helps students become more efficient and confident learners. Can help with topics such as time management, procrastination and motivation, reading and note-taking, exam prep, and presentation skills.</p>	<p>613-533-6315 [e] academic.success@queensu.ca Stauffer Library, Main floor http://sass.queensu.ca/learningstrategies/</p>
<p>The Writing Centre (Part of Student Academic Success Services) Helps students improve their writing skills. Can help with topics such as planning and organizing your essay, developing editing strategies, improving your writing style, avoiding common grammatical mistakes.</p>	<p>613-533-6315 [e] writing@queensu.ca Stauffer Library, Main floor http://sass.queensu.ca/writingcentre/</p>
<p>Peer Academic Support Service (P.A.S.S.) A great resource for first year Arts and Science Student. Offers Academic counseling on a drop-in basis about adding or dropping courses, choosing and changing degree programs, plans, courses, etc.</p>	<p>[e] passhelp@queensu.ca Mackintosh-Corry Hall, Room F200 http://www.queensu.ca/artsci/help/pass</p>

Careers	
<p>Career Services Provides career education and employment support services. Offers a range of services to support students in making informed decisions about their career, further education and employment goals.</p>	<p>613-533-2992 [e] mycareer@queensu.ca Gordon Hall, 3rd Floor http://careers.queensu.ca/index.html</p>
Counselling	
<p>Health, Counselling and Disability Services (HCDS) Professional counsellors are available for crisis and one-on-one support at the LaSalle Building and several offsite offices as noted below.</p> <ul style="list-style-type: none"> • Cross-cultural Counsellor Specializes in Multicultural Counselling for a wide range of personal problems. • Residence Outreach Counsellors • Outreach , Counsellor & Student Life Advisor - Sexual Assault, Relationship Violence, LGBTQ issues and other Social Identity Issues. • School of Business, Personal Counsellor • School of Graduate Studies Personal Counsellor • Faculty of Engineering and Applied Science, Personal Counsellor • Faculty of Education and West Campus Residence, Personal Counsellor 	<p>613-533-6000 ext 78264 [e] counselling.services@queensu.ca LaSalle Building, 146 Stuart Street, Second floor http://hcds.queensu.ca Arunima Khanna 613-533-6000 ext 78264 [e] 7ak1@queensu.ca</p> <p>http://residences.housing.queensu.ca/residence-life/resources/</p> <p>Hagar Akua Prah 613-533-6000 ext 78441 [e] hagar.prah@queensu.ca JDUC by appointment.</p> <p>Access using Commerce Portal</p> <p>613-533-2136 [e] grad.counsellor@queensu.ca</p> <p>613-533-3447 [e] eng.counsellor@appsci.queensu.ca</p> <p>(613) 533-2334 [e] educ.counsellor@queensu.ca</p>
<p>Peer Mentoring Program (HCDS) Matches you with an upper year student who will meet with you weekly. They provide assistance with academic and university life skills. They can also support you through personal challenges you face throughout the year.</p>	<p>You must be referred by HCDS or Learning Strategies Development at the Learning Commons in Stauffer Library, room 142. If you are interested in having a mentor, email [e] liz.racine@queensu.ca. <i>You must apply before reading week.</i></p>
<p>Peer Support Centre (PSC) The AMS Peer Support Centre offers confidential peer-based support to all students.</p>	<p>613-533-6000 ex. 75111 JDUC, Room 34 www.amspeersupport.com</p>

Counselling	
<p>SGPS Student Advisors Offer advice and advocacy services to graduate and professional students in issues concerning their well-being.</p>	<p>513-533-3169 [e] advisors@sgps.ca JDUC, Room 203 http://www.sgps.ca/services/advisors.html</p>
<p>Kingston Community Counselling Centres (K3C) Offers professional, long-term counselling appointments, as well as workshops and support groups, for members of the Kingston community without cost.</p>	<p>613-549-7850 [e] info@k3c.org 417 Bagot Street www.k3c.org</p>
<p>Frontenac Community Mental Health and Addiction Services (FCMHAS) FCMHAS provides support services for persons with a mental illness and/or an addiction.</p>	<p>613-544-4229 (24-hour Crisis line) 613 544-1356 ex.2225 (Admin line for mental health appointments) 385 Princess Street www.fcmhas.ca</p>
<p>Telephone Aid Line Kingston (TALK) TALK is available for support through crisis and distress, and befriending.</p>	<p>613-544-1771 7pm-3am, 7 days a week www.telephoneaidlinekingston.com</p>
<p>Good2Talk A professional phone counselling service specifically for Ontario students for stresses big and small, or anything you want to talk about. Information on where to get mental health and addiction services</p>	<p>1-866-925-5454 24 hours a day, 7 days a week, 365 days a year http://good2talk.ca/</p>
Eating Disorders	
<p>Eating Disorder Clinic (located in Hotel Dieu Hospital) Provides assessment, consultation and treatment for those above 18. Requires a medical referral.</p>	<p>613-548-6121 [e] merrettj@hdh.kari.net 166 Brock Street www.hoteldieu.com/eatingdisorder.html</p>
Faith and Spirituality	
<p>The University Chaplain The chaplain is both a confidante and spiritual advisor. The office is a peaceful and safe space that is ideal for bringing your problem, concern or crisis.</p>	<p>613-533-2186 [e] chaplain@queensu.ca JDUC, Room 142B</p>
Finances	
<p>Student Financial Advising (via Student Awards Office) Offers free one-on-one financial advising sessions to all Queen's students, including personal budgeting, bursaries, awards, scholarships, and government student assistance.</p>	<p>613-533-2216 [e] awards@queensu.ca Gordon Hall, Room 125</p>

Health and Lifestyle	
Athletics and Recreation Centre (ARC) Offers a gym membership for students (covered by student fees), fitness classes including yoga, zumba and spin. Registered Massage Therapy.	613-533-2500 Athletics and Recreation Center, 284 Earl Street http://gogaelsgo.com/
Health and Lifestyle	
Queen's Health Services (HCDS) Provides confidential, student-centered health care.	613-533-2506 LaSalle Building, 146 Stuart Street http://www.queensu.ca/hcgs/hs/
Kingston General Hospital (KGH)	613-549-6666 76 Stuart Street www.kgh.on.ca
Hotel Dieu Hospital (HDH)	613-544-3310 166 Brock Street www.hoteldieu.com
Queen's Be Well – Do Well An online resource about living a healthy lifestyle and improving your learning strategies.	http://bewell-dowell.org/bewell/index.php
Housing	
Queen's University Community Housing Online housing listing service. Allows you to search through available houses and apartments, and contact landlords for showings, etc.	http://listingservice.housing.queensu.ca/
University Core Rentals Application process for renting units owned by the University.	http://community.housing.queensu.ca/university-owned-rentals/student-village-core-rentals/
Student Community Relations Be it leases or landlords, housemates or heating bills, this service provides confidential advice to students in areas of community and housing.	613-533-6745 [e] student.community.relations@queensu.ca JDUC, Room 135 www.queensu.ca/studentcommunityrelations
Queen's Legal Aid Provides free legal advice to students. Law students give advice about subletting, or assigning your lease, and they can represent disputes with your landlord.	613-533-2102 Macdonald Hall, Room 406 http://law.queensu.ca/students/legalAid.html

Human Rights (Harassment and Discrimination)	
<p>Human Right's Office Offers confidential advice and support to staff and students with human rights questions or concerns. If you believe you may be experiencing harassment or discrimination on grounds including gender, sexuality, race, faith, or disability, a Human Rights advisor can help you sort through the issues and suggest possible ways to resolve the situation.</p>	<p>613-533-6886 [e] hrights@queensu.ca Mackintosh-Corry Hall, Room A-320 www.queensu.ca/humanrights</p>
International and Exchange Students	
<p>Queen's University International Centre (QUIC) Information about Queens and Canada through Student Advisors. Has events and clubs to join. Provides a one-on-one buddy program to help with conversation and pronunciation. Information about going on exchange and working abroad.</p>	<p>613-533-2604 JDUC, Second floor www.quic.queensu.ca</p>
<p>Cross-cultural Counsellor Specializes in cultural adjustment, adjusting to university life in Canada, race and minority issues, etc.</p>	<p>Arunima Khanna 613-533-6000 ext 78264 [e] 7ak1@queensu.ca</p>
<p>The Writing Centre (part of Queen's Learning Commons) Offers tutorials, ESL workshops, ESL resources, and individual appointments with the Senior Tutor/ESL Program Coordinator.</p>	<p>613-533-6315 [e] writing@queensu.ca Stauffer Library, Main floor http://sass.queensu.ca/writingcentre/</p>
LGBTQ Resources	
<p>Education on Queer Issues Project (EQUIP) Offers a safe, fun, welcoming, and educational community for individuals of all sexual orientations and gender identities. Weekly meetings open to the queer, questioning, and allies.</p>	<p>613-533-3154 [e] epuip@ams.queensu.ca http://queersatqueens.com/ http://www.facebook.com/equipqueens</p>
<p>LGBT YouthLine Offers peer-based support, information and referrals specific to your concerns.</p>	<p>1-800-268-9668 [e] askus@youthline.ca 4:00-9:30pm, Sunday to Friday www.youthline.ca</p>
<p>Out In Kingston A comprehensive website of LGBTQ events in Kingston, including a directory of businesses, a listing of events, and a forum.</p>	<p>[e] info@outinkingston.org www.outinkingston.org</p>

Sexuality and Sexual Health	
Health Services (HCDS) Offers STI testing, pap tests, prescriptions for birth control.	613-533-2506 [e] health.services@queensu.ca LaSalle Building, 146 Stuart Street http://www.queensu.ca/hcnds/hs/
Sexual Health Resource Centre (SHRC) Offers information and resource referrals for anything regarding sex, sexuality and sexual health. Sells condoms, pregnancy tests, and sex toys at cost. Offers accompaniments to the Sexual Assault/Domestic Violence centre and to the Women's Clinic for abortions.	613-533-2959 JDUC, Room 223 www.shrckingston.org
Sexuality and Sexual Health	
KFL&A Public Health Offers free and confidential STI testing (health card required).	613-549-1232 221 Portsmouth Ave www.kflapublichealth.ca
Sexual Assault Centre Kingston (SACK) SACK offers confidential and non-judgmental support, free of charge, to survivors of sexualized violence.	613-545-9744 [e] sack@sackingston.com www.sackingston.com
Sexual Assault/Domestic Violence program (SA/DV, Located in KGH) Provides 24-hour medical and nursing care, testing for STIs, HIV and pregnancy, forensic evidence collection and documentation and crisis counselling.	613-549-6666 ext. 4880 Clients are asked to come to KGH, Hotel Dieu or Lennox & Addington County General Hospital and request the SADV nurse on call.
Women's Clinic (Located in KGH) Birth control information, options and counselling for women considering abortion and abortion services.	613-549-6666 ex. 2423 76 Stuart Street (KGH)
Technology	
Adaptive Technology Centre Contains computers, assistive devices, quiet study space and specialized software that enable students with disabilities to read, write, research and access library materials more effectively.	613-533-2833, [e] chittend@queensu.ca Stauffer Library, Room 120 http://queensu.ca/atc/home
IT Support Center Offers free general assistance in the Learning Commons, in addition to computer repair and software services.	613-533-6666 Queen's Learning Commons, Main Floor of Stauffer Library http://www.queensu.ca/its/index.html
Tutoring	
Queen's Learning Commons A comprehensive list of academic tutoring services available to Queen's students	http://www.queensu.ca/qlc/contact/peer-services-campus/tutoring

