

September is National Guide Dog and World Alzheimer's Awareness Month

National Guide Dog Awareness Month

~specially bred dogs are trained for mobility services to support those who are blind or partially sighted

4 rules to follow around guide dogs:

1. Harness means hands off.
2. Don't feed them.
3. Contain your excitement.
4. Say "hello" another time.

Info from CNIB foundation

Color Blind Awareness Day

Sept. 6th:

~raises awareness of color blindness

~a place for advice and support

~there is a website showing what it is like being color blind and the causes

Info from www.colourblindawareness.org



Normal Vision



Protanopia



Tritanopia



Deuteranopia

World Alzheimer's Awareness Month

~raises awareness and challenges the stigma for Alzheimer's and dementia

~there are many walks, fundraisers, and activities to showcase these diseases and end the misinformation about how they are a natural sign of aging.

Info. from Alzheimer's Disease International

International Day of Sign Language

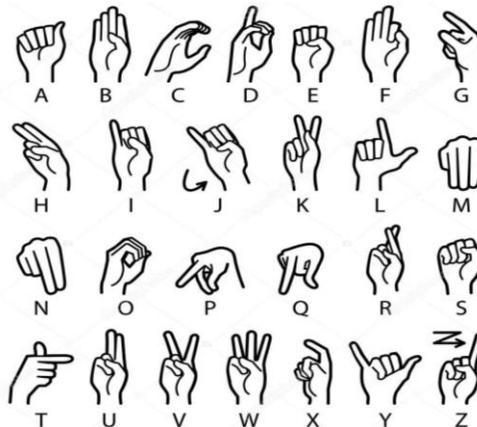
Sept. 23rd:

~a day to support and protect the linguistic identity and cultural diversity of all deaf people and other sign language users.

~According to the World Federation of the Deaf, more than 70 million people are deaf worldwide, more than 80% of those are in developing countries.

~Collectively, they use more than 300 different sign languages.

Info from International Day of Sign Languages | United Nations



Mindfulness Workshops on Campus

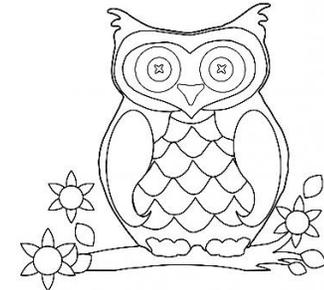
~starts this month on Thursday, Sept. 29th at 1 pm, Room 2202 and will continue each Thursday throughout the quarter.

~meant for students, staff, and faculty

~ a space for self-care

~workshops may include and are not limited to journaling, yoga, painting, coloring, poetry, meditation, breathing techniques, high and low check-ins, exercise, TED Talks, discussion, and more.

Brought to you by AccessAbility Services and Student Life



An image for you to color while you wait for the mindfulness workshops to start. Enjoy.

AccessAbility Services at GHC:

Students at Grays Harbor College can receive supports and accommodations for their classes to have equal access to academic programs and activities.

Contact Kelsey Stegner at accessibility@ghc.edu or 360-538-4143 for more information.