

Career Access Professional Services

Accessible Involvement: Clubs and Volunteering

TIPS AND RESOURCES

Transportation: HSR has accessible transportation https://www.hamilton.ca/hsr-bus-schedules-fares/accessible-transit	Social Media: Social Media is a great access point! Use Facebook, LinkedIn, Twitter, etc. to help expand your networking reach!	On Campus: Accessible Building Maps Accessible Parking All-Gender Washrooms! https://accessibility.mcmaster.ca/topic/resources/
Posting Sites: https://www.oscarplumcmaster.ca/home.htm https://charityvillage.com/app/volunteer-listings	Advocate: Contact your event organizer to find the best way to accommodate your specific needs!	

BENEFITS

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MCMASTER CLUBS SERVICES WITH ACCESSIBILITY THEMES

Maccess	Community space for students with disabilities; offering peer support, education, outreach, social events, etc.
COPE	Works to reduce stigma surrounding mental illness; includes campus events and on- and off-campus volunteer opportunities.
Jack.org	Strives to shift attitudes regarding mental health towards a supportive, safer community via on-campus wellness initiatives such as: exam de-stressors, self-care packages, yoga sessions, etc.
McMaster Alliance for Body Peace (MAC ABP)	Promotes physical, mental, emotional, spiritual wellness including body image and eating disorder awareness campaigns; workshops focusing on various self-care, etc.

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McMaster Autism Assistance Program	Provides support to children with autism, and their families, living in the Hamilton area
MacCares	Raises money to support exercise rehabilitation for individuals with spinal cord injuries and multiple sclerosis
Love for Lupus	Raises money for research and promotes awareness
McMaster Arthritic Foundation (MAF)	Raises money for research, promotes awareness/elimination of stigma, and offers public education
McMaster ALS Society	Promotes awareness about ALS to McMaster and surrounding community
Crohn's and Colitis Club	Raises awareness and money for research in the areas of Crohn's, Colitis and other IBD related illnesses
McMaster Hearing Society (MHS)	Serves to bridge the gap between students and those who are hard of hearing in the McMaster and Hamilton community

Need additional guidance, an alternate/accessible format, or have any other accommodation needs? Get in touch with the SSC! careeraccess@mcmaster.ca

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