

DIVERSITY – ACCESSIBLE INVOLVEMENT: CLUBS AND VOLUNTEERING

Accessible Involvement: Clubs and Volunteering

Tips and Resources

<p>Transportation</p> <ul style="list-style-type: none"> • Hamilton Street Railway (HSR): Offers accessible transportation. 	<p>Social Media</p> <p>Social Media is a great access point! Use Facebook, LinkedIn, Twitter, etc. to help expand your networking reach!</p>	<p>On Campus</p> <ul style="list-style-type: none"> • McMaster Accessibility Hub: Includes information on accessible building maps, accessible parking, all-gender washrooms and more.
<p>Posting Sites</p> <ul style="list-style-type: none"> • OSCARplus: Go to Student Success Centre > Volunteering > Volunteer Postings. • Charity Village 	<p>Advocate</p> <p>Contact your event organizer to find the best way to accommodate your specific needs.</p>	

Benefits



McMaster Clubs and 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.
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 the 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.

