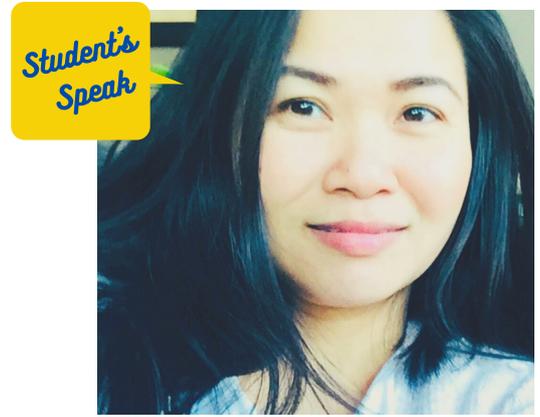


# January is National Mental Wellness Month We would like to share some strategies to reduce stress & make the best of out of 2021!

Let's beat Stress Together!

*New Year  
New Me!*

- 1. Develop a positive attitude-** people with positive attitudes are apt to be happier, more successful, and better able to handle crisis and stress.
- 2. Avoid negative self talk-** laugh at your mistakes and say I'll remember next time.
- 3. View a crisis situation as an opportunity-** creative problem solving can expand your options. Try to make a list of good things that could result from the problem you're having to solve.
- 4. Laugh-** Humor is a great stress reducer. Studies indicate laughter can make you healthier.
- 5. Exercise-** Regular exercise increases energy and releases brain biochemicals to ward off depression and anxiety. Just a 15 minute walk a day will help keep body and soul together.
- 6. Improve your diet-** During times of stress you can skip meals or eat junk food. A diet rich in fruit, vegetables and fiber will help you maintain the physical and mental stress you need to deal with the situation.
- 7. Get enough rest-** sleep disturbances are common during stress.
- 8. Ask for help if you feel overwhelmed** - Sharing is Caring!



**ESL/HCA-CAREER COMMUNICATION  
STUDENT: CHARITO KHATIBIJAH**

I came to Canada as an immigrant back in 2007 with dreams & hopes of becoming a Health-Care Professional & providing a better life for my family. The plans always got pushed back because of various personal responsibilities but I finally decided to get myself enrolled in the year 2020, my husband was my source of inspiration as he too has taken the Health-Care Assistant Program at DMC. He is in all praises for the very supportive environment that the school provides and his dedicated Instructor Miss Vida.

There were a lot of challenges & hesitation in the beginning in terms of going back to studies since it had been a long that I had been a student. I am especially thankful to my English Instructor Miss Cindy, she has always given me a lot of hope & constant encouragement to strive for the best, taking the ESL Classes gave me a boost of confidence, and studying for several months has improved my self-esteem, my ability to express & ultimately, I have transformed to a new person, who is no-more afraid to talk to people. The classes are so diverse that I have learned so much from classes & the different people I have met there have also made me understand various cultures.

The best thing that has happened over time is that I have started to get up early in the morning and developed a habit of reading which helps me in expanding my vocabulary every day. I am grateful to my two instructors and all the support staff at DMC including my Advisors, & Admin Staff for always being able to provide support. I can't wait to put my skills into practice & become a successful HCA and to be able to serve our Seniors.

★ NEW YEAR! ★

## Flexible Schedules to Choose From!

We are Open 7 Days/Week

### Vancouver

### Surrey

#### Health-Care Assistant Program

#### Health-Care Assistant Program

##### Full-Time Day Classes:

Tues-Fri: 8:30-3:30PM

##### Full-Time Day Classes:

Tues-Fri: 8:30-3:30PM

##### Full-Time Eve Classes:

Mon/Tues/Wed: 5:00-10:30PM  
Thurs: 5:00-9:00PM  
Friday: 3:30-10:30PM

##### Full-Time Eve Classes:

Mon/Tues/Wed: 5:00-10:30PM  
Thurs: 5:00-9:00PM  
Friday: 3:30-10:30PM

##### Combo Study, 1 Day- Class+Online

1. Mon: 8:30-5:00PM
2. Wed: 8:30-5:00PM
3. Sat: 1:00-PM-9:30PM
4. Sun: 9:00AM-5:30PM
5. Tues & Thurs: 5:30PM-9:45PM

##### Combo Study, 1 Day- Class+Online

1. Mon/Wed: 8:30-5:00PM
2. Fri: 8:30-5:00PM
3. Sat: 8:30-5:00PM
4. Sun: 9:30-6:00PM

**Community Support Worker Diploma Program (CSW)  
New Batch Starting on Jan 23, 2021**

**Activity Assistant Diploma Program (AA)  
New Batch Starting on Feb 28, 2021**

Ask us about our early-bird registrations, Spots limited\*\*



"Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect."

- Alan Cohen

# NEW YEAR | NEW US

[www.drakemedoxcollege.ca](http://www.drakemedoxcollege.ca) T: 604-629-0196

## Welcome Back!

We welcome back all our students after their winter break!

The Ministry of Health is pleased to announce support in the form of a recruitment incentive for current HCA students (HCA program start dates between April 1, 2020 - March 31, 2021). Current HCA students who take employment in long-term care or assisted living facility within BC and commit to a 12-month return of service agreement will be eligible for a signing bonus of, typically, \$4,000 and in some cases up to \$7,000."



**Can an Education Change your Life—  
You Bet it Can!**

Here are the Winners of our Yourselfie Photo Contest

*Congratulations!*

TO OUR WINNERS



Ronnie Orosco



Toto B Solis



Jayrold Gomez

For latest updates & happenings, Follow us on our Social Media



## Here are our Winners!



**Congratulations to  
Cynthia Gervais** the most recent  
recipient of a full tuition  
scholarship for our HCA Program.



Cynthia was so excited when she heard the great news and said "I can't believe this happened to me; I feel so lucky!! I am looking forward to a career where I can be part of something bigger helping others."

**Drake Medox was proud  
to award a total of 6-Full  
Tuition Scholarships  
valued at over \$42,000 in  
the year 2020!**

**The Joy of Giving someone a gift of  
New Career & Life!**

