

Peer2Peer Student Lounge - Fall 2024

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The Peer2Peer Student Lounge is facilitated by Student Life Peer Wellness Ambassadors who are current students with similar lived experiences as many other students and can be a wonderful support or source of information and guidance.

During the Peer2Peer Student Lounge, Peer Wellness Ambassadors will be available to:

- Talk to you about whatever is on your mind.
- Hear you out
- Support you
- Connect you to useful resources.

Support is offered in-person in a drop-in, non-judgmental, confidential, and accessible space.

The Peer2Peer Student Lounge will also have ambient music, games, activities and light refreshments.

Don't feel like chatting, you can also join us just to study, read, or have a quiet and welcoming place to just BE.

You can drop in during service hours:

Newnham Campus

Room D2014, 1:30 p.m. - 2:30 p.m.

- October 17
- October 31
- November 7
- November 21
- Mindful Movements Wellbeing Event, Hosted by P2P Lounge - December 5

Are you looking for a one-on-one setting instead? Check out our [Active Communication](#)

Together (A.C.T) Program happening at Markham/SIA campus! Book a one-on-one meeting with our wellness ambassadors who will support you and provide helpful resources to enhance your student experience.

All Seneca students are welcome! Become a part of our Seneca Wellness Community!

If you are a student and you are feeling distressed please contact the **Personal Counselling and Accessible Learning Services** office.

tags : wellness-article