

# Wellness Resources

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Many supports and services are available to help students throughout their Seneca journey

Personal Counselling
Accessible Learning Services
Medical Centre
Seneca Libraries - LibGuides at Seneca Libraries
Student Services & Support - Seneca Polytechnic, Toronto, Canada
Health Insurance: Domestic students   Seneca Student Federation   Seneca Students
Health Insurance: International Students   Health and Wellness   Seneca Students
Sexual Assault Information
Seneca Works for Students   Seneca Works   Seneca Students
Seneca SAFE - Seneca Polytechnic, Toronto, Canada
Equity, Diversity & Inclusion (EDI)
First Peoples@Seneca - Seneca Polytechnic, Toronto, Canada
Seneca Student Life   Program Overview
Wellness - YouTube
Student Support - International - Seneca Polytechnic, Toronto, Canada

tags : athletics, recreation