

# Wellness Resources

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

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

tags : athletics, recreation