

# Peer2Peer Pop-up @ SIA – Prepare for the Winter 2025 Term!

Published 8 days ago by [Leonard Park](#)

Investing in your well-being is the key to a vibrant, fulfilling life. The Peer Wellness program brings you the Peer2Peer Pop-up to help you unlock your wellness potential and answer questions about transitioning into the new semester and a new campus! Join us at the [SIA Campus Main Entrance](#) on the following dates:

- November 28<sup>th</sup>, 11:30 AM to 1:00 PM
- December 6<sup>th</sup>, 3:00 PM to 4:00 PM

During the Peer2Peer Pop-up, your Ambassadors will be available to share how you can utilize the following resources to support your wellness:

- **Peer2Peer Student Lounge**, for a non-judgemental, confidential and accessible space in a group setting
- **Active Communication Together (A. C. T) Program**, for one-on-one communication and wellness coaching support
- **Peer-Led Health and Wellness Workshops**, for wellness education relevant to students and,
- **Articles and Blogs**, that share curated tips and advice from our Ambassadors

All Seneca students are welcome, join us to 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