

Welcome Back to the P2P Lounge – Get Ready for an Exciting Winter 2025!

Published 1/31/2025 by [Yati Myat Noe Oo](#)

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Welcome Back!

The **P2P Lounge** is reopening for the **Winter 2025 semester**, and we're bringing you **even more exciting activities, support, and chances to connect with your peers!** Whether you're looking to relax, meet new friends, or join fun workshops, we've got something for everyone. So, what can you expect this semester? Let's dive in! ☒

What is P2P Lounge?

The P2P Lounge is more than just a space – it's a community! Here, we offer a safe, non-judgmental, collective that brings students relatability, conversation and connection.

You'll also discover **a variety of fun, engaging, and wellness-focused activities** designed to help you **relax, reflect, and recharge.** Whether you're looking for a creative outlet, a stress relief activity, or a moment of mindfulness, we've got something for you!



☒ **Paint/Drawing Station** – Express your creativity through art! Create a unique piece that reflects who you are and what brings you peace. All materials are provided—just bring your imagination.

☒ **Journalling Station** – Take a moment to reflect and document your thoughts. Guided journaling activities will help you explore gratitude, self-awareness, and emotional well-

being.

P2P Café Station – Engage in meaningful conversations and build connections with peers in a relaxed environment. Discuss various topics, share experiences, and grow together.

☒ **Game Station** – Unwind and have fun with interactive games designed to boost cognitive skills, teamwork, and relaxation. Enjoy a mix of board games, cards, and more fun activities to challenge your mind and socialize with friends.

How to Join

☒ Just drop by the **P2P Lounge** – no sign-up needed!

☒ Click the link to check the **dates and locations** for the P2P Lounge – Winter 2025:

<https://students.senecapolytechnic.ca/spaces/219/get-involved-with-student-life/articles/news/15455/peer2peer-student-lounge-winter-2025>

☒ Stay updated on upcoming events by following us:

- **Website:** <https://students.senecapolytechnic.ca/spaces/219/get-involved-with-student-life/home>
- **Instagram:** <https://www.instagram.com/senecastudentlife>

☒ Bring your friends – the more, the merrier! ☒

Join Us

Whether you're here to relax, connect, or learn new skills, the **P2P Lounge is the place for you!** So, what are you most excited about?

Drop by today, try something new, and make this semester one to remember!

Upcoming Events

Sexual Violence Prevention & Awareness Workshops – Your safety and well-being matter. These workshops provide **crucial knowledge on consent, bystander intervention, and resources to create a safe and respectful campus environment.** ☒

"How to make new, not feel so scary" Hello Hub – If you're new to Canada or just looking to

expand your connections, International Student Services offers **practical tips, guidance on academics, daily life, and a welcoming space to meet fellow international students.** ☒☒

More and More!!

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tags : wellness-blogs