

CS: Integrated Wellness Supports

Version 3

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Workshops & Groups

Find your flow, fuel your goals, one support at a time.

Looking for support that's real, reliable, and actually helpful? Seneca's group wellness supports are a powerful way to connect, learn, and grow, all in a supportive, welcoming space. Whether you want to build confidence, manage stress, or simply meet others who get what you're going through, our groups are a great place to start.

You'll leave with new tools, real insight, and maybe even some new friends. It's all part of Life@Seneca, because your mental health matters here.

Integrated Wellness Supports

Wellness starts with one click. Choose what works for you.

These engaging, interactive sessions are designed to boost your well-being and your student life. Perfect for students who want to:

- Manage stress & anxiety
- Explore their identity or goals
- Build healthy habits
- Stay grounded while juggling responsibilities

📅 Check out our [Events Calendar](#) to see what is offered this semester!