

Welcome to the Peer2Peer Student Lounge - Fall 2025

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What to Expect

During the Peer-to-Peer Student Lounge, Ambassadors will be available to:

- Talk to you about whatever is on your mind,
- Encourage you to connect with peers,
- Support you and connect you to useful resources,

Support is offered in-person in a drop-in, non-judgmental and accessible space.

The Peer-to-Peer Student Lounge will also have:

- Ambient music,
- Special events and activities,
- Light refreshments,

Don't feel like chatting? You can also join us just to study, read, chill, or have a quiet and welcoming place to just BE!

Upcoming Peer-to-Peer Lounge Schedule

No appointment necessary - drop in anytime during lounge hours! Keep checking the Student Life Calendar for updates and any changes to events and schedules!

Newnham Campus

Location: Room D2014 Time: 12 to 1:30 p.m. Ambassador: Jaishnav Prasad

- October 29 - Kick Off Event - Meet your Student Service Ambassador Jaishnav and get introduced to the lounge through fun icebreaker activities and connection stations.
- November 5 - The Goal Writing Blueprint - Learn about your "why" and focus through a guided goal-setting workshop to help you succeed this semester.
- November 12 - Connection - Build meaningful connections through interactive activities like Uno, puzzle building, and collaborative painting designed to strengthen

communication and reduce feelings of isolation.

- November 19 - General Peer2Peer Lounge - Drop in for our open lounge format with peer support, relaxing atmosphere, games, and refreshments.
- November 26 - November Blues and How to Battle Mood Changes - In collaboration with Consent@Seneca - Create your own mood journal and learn strategies to battle seasonal mood changes.
- December 2 - Wellness Through Exam Season - Engage in a wellness circuit with 5-minute stress relievers including journaling, gratitude activities, and meditation to help you through exam time.

Seneca@York Campus

Location: S1161 Time: 11 a.m. to 12:30 p.m. Ambassador: Rosa Faraj Mohammadi

- October 27 - Kick Off & Goal Writing - Meet your Student Service Ambassador Rosa and get introduced to the lounge through fun icebreaker activities. Learn about your "why" and focus through a guided goal-setting workshop to help you succeed this semester.
- November 10 - Connection - Build meaningful connections through interactive activities like Uno, puzzle building, and collaborative painting designed to strengthen communication and reduce feelings of isolation.
- November 24 - November Blues & Wellness Identity - In collaboration with Consent@Seneca - Create your own mood journal and learn strategies to battle seasonal mood changes.

King Campus

Location: Northern Hive Time: 11 a.m. to 12 p.m. Ambassador: Rosa Faraj Mohammadi

- November 3,
- December 1

All Seneca Students Are Welcome!

Become a part of our Seneca Wellness Community! If you are a student and you are feeling distressed, please contact [Counselling Services](#).

We look forward to seeing you at the Peer-to-Peer Student Lounge this Fall!

Written by Jaishnav Prasad, Student Services Ambassador

tags : student-life, wellness-blogs