

# Welcome Back to the Peer-to-Peer Lounge: What to Expect

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A new winter term is here, and with it comes the usual mix of excitement, stress, and "okay... where do I start?" energy. If you're looking for a space on campus that feels warm, real, and low-pressure, the Peer-to-Peer Student Lounge at Newnham, King and Seneca@York campus is here for you.

The Peer-to-Peer Student Lounge is facilitated by Student Life Ambassadors. They are current Seneca students who understand what student life can feel like because they are living it too. With similar lived experiences to many students on campus, they can be a supportive presence, a listening ear, and a helpful source of guidance.

Peer Wellness Ambassadors are available to:

- Talk with you about whatever is on your mind
- Hear you out without judgment
- Support you through stress, overwhelm, or uncertainty
- Connect you to useful resources when you need them

Support is offered in-person in a drop-in, non-judgmental, confidential, and accessible space. You don't need an appointment, and you don't need a "big reason" to come by. If something is on your mind, that's enough.

## **Come to connect, or come to just be**

The lounge isn't only about conversation. You can also expect:

- ambient music,
- games and activities
- light refreshments.

It's meant to feel welcoming and easy to step into, whether you want to chat or keep things quiet. Not feeling like talking that day? That's totally okay. You can still join us to study, read, decompress between classes, or have a calm place to just be.

## **Upcoming Peer-to-Peer Lounge Dates**

### **Newnham Campus**

Location: Room D2014 Time: 1:30 to 3:00 p.m.

Feb 10 - Self Love: Affirmation Testament - Intent vs. Impact Cards with Consent@Seneca  
Mar 3 - Power of Connection - Friendship bracelet making with affirmation expression  
Mar 10 - Gratitude Matters - Self Expression Painting (peer or self)  
Mar 24 - Chocolate Chats - Sensory Activity (Mood Globe)  
Mar 31 - Mindful Motivation - End of Term Study Tips  
Apr 7 - Supporting Self Care Event - Gardening

### **Seneca @ York Campus**

Location: S1161 Time: 2:00 to 3:30 p.m.

Mar 4 - Self Love: Affirmation Testament - Affirmation Cards (take-away for students)  
Mar 18 - Power of Connection - Bracelet Making  
Apr 8 - Supporting Self Care - Sensory Activity (Mood Globe)

### **King Campus**

Location: MH1540- SSF Clubs Room

Feb 12 - Settling In - Goal Writing  
Feb 26 - General Drop-In - Activities (cards, homework area)  
Mar 12 - Power of Connection - Friendship bracelet making with affirmation expression  
Mar 26 - Mindful Motivation - End of Term Study Tips  
Apr 9 - Supporting Self -Care

Drop in during your campus lounge hours, stay for five minutes or the full time, and come exactly as you are.

***Written by: Rosa Faraj Mohammadi, Student Services Ambassador***

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