

The conflict in Ukraine ...

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A message from President David Agnew:

The conflict in Ukraine has significant and dangerous global impacts, but the effects are being felt most keenly by the people in that country's cities, towns and villages. We have seen the images of brave soldiers and civilians taking to the streets to defend their country, while others are forced to take to shelters to escape the constant shelling.

These are the mothers and fathers, brothers and sisters, friends and relatives of more than 100 Seneca students who have come from Ukraine to study with us. And our responsibility is to support them through this terrible time.

All students from Ukraine have been contacted by Seneca staff and are receiving support depending on their needs.

We are also hearing from our students from Russia who are concerned about the conflict and its repercussions on them and their families.

If you or someone you know needs assistance, please contact the supports listed below.

To the Canadian students, alumni and employees who have family members and friends in the affected countries, our thoughts are with you at this time as well.

On so many fronts, these are challenging times. Hope and pray for peace. And stay well.

Student supports:

- Phone or video chat appointments with [Counselling & Accessibility](#) can be scheduled by emailing senecacnas@senecacollege.ca
- [Good2Talk](#): call 1.866.925.5454 or text GOOD2TALKON to 686868
- Mental Health Helpline: call 1.866.531.2600
- International students in Canada can access immediate crisis text / video counselling support through [MyWellness](#)
- Students outside of Canada can access counselling wherever you are located through the [keep.meSafe program](#)

Employee supports:

- All employees can receive confidential support through the [Employee and Family Assistance Program \(EFAP\)](#), which is available 24-7

If you would like to support the people of Ukraine through a charitable donation, there are many worthy organizations sending aid and resources to the region. The Canadian government will match donations up to \$10 million to the [Canadian Red Cross](#) for its

Ukrainian appeal. Other international organizations include [UNICEF](#), [Save the Children](#), [Doctors Without Borders](#) and more. The [Canada-Ukraine Foundation](#) is a charitable organization coordinating aid to Ukraine.

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