



SAINT MARY'S UNIVERSITY RESIDENCE LIFE

# LIFE IN RESIDENCE

FALL 2022 EDITION

Your guide for what happens  
after you move into Residence!



# WELCOME HOME, HUSKIES!

Welcome to our new students, or welcome back to our returning students as we start another exciting semester in residence!

If you're a new student and uncertain about what happens after you move in, don't worry - read through this guide to find out more about what Life in Residence is like. Once you get to Saint Mary's, your RA (Residence Assistant) will guide you to where you should go!

Returning students, welcome back! We hope that you're excited for another fun semester in residence and that you're ready to welcome our new students. If you are looking to get more involved in residence this year, or are curious as to what we've got planned for this semester, keep reading.

Thank you for choosing to join one of the most culturally diverse and inclusive residence communities in the country!

We can't wait to see everyone! Happy move-in days Huskies.

Sincerely,  
Your Residence Life Team



*Saint Mary's University  
Residence Life*



@smureshfx

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Other Services can be found on the [SMU website](#).

# WHAT IS RESIDENCE LIFE?

## What We Do

To simplify what we do, we are responsible for the experience of living in residence. We support students through the transition of moving away from home with the planning of events, helping them to meet new people, and to feel apart of the residence community. We also provide opportunities for students to get involved on campus through leadership roles. More information about our programs and how to get involved can be found on page 9.

Our staff who live in residence, RAs and RCs, provide support to students who are experiencing personal issues or conflict with other students. They listen to your problems, provide you with information about campus resources and mediate conflict. Our RAs & RCs are also responsible for making sure that residence is a safe and comfortable place to live; they explain and enforce residence policies and community standards.

We work closely with the Housing & Conference Services (LR 114), who are responsible for room assignments, residence maintenance and safety & security.

**Feel free to come visit us anytime at the Residence Life Office (LR 108), located just down the hall from the Loyola Residence Desk!**





# OUR STAFF MEMBERS



**Kati Kilfoil**

Assistant Director, Residence Life



**Raven Richards**

Programming & Engagement Coordinator



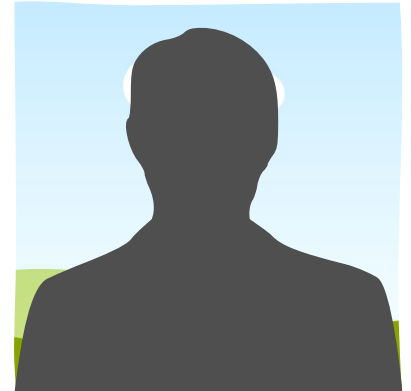
**Kerri Scheuermann**

Loyola Residence Coordinator



**Srishti Anthonia**

Vanier Residence Coordinator



**Vacant**

Rice Residence Coordinator



**Zach**

Programming Assistant



**Toni-Ann**

Programming Assistant

# RESIDENCE ASSISTANTS (RAs)



Our Residence Assistants are student leaders and staff members who each oversee one floor in residence. We have 49 RAs in residence: 47 RAs stationed to specific floors and 2 Alternate RAs (ARAs) who assist the RAs in their building.

## **Our RAs fulfill multiple roles in residence. Here's a brief summary of their responsibilities:**

- Answer questions about living in residence, on campus resources, etc
- Mediate conflicts between roommates and floor mates
- Plan at least 3 floor events a month to build floor community
- Schedule 2 floor meetings a month to keep students informed about what's going on in residence and around campus
- Support and refer students experiencing issues such as homesickness, mental health, academic troubles, financial problems, etc.
- Ensure everyone's safety by enforcing residence policies
- Respond to emergency situations, with training in First Aid and Suicide Awareness, etc.

# OUR STUDENT EMPLOYEES

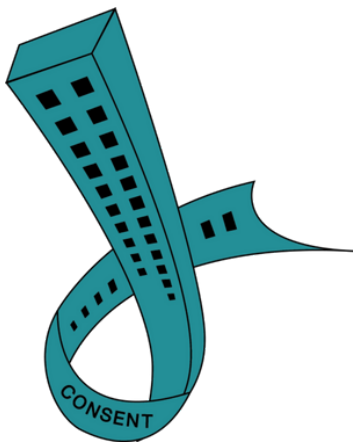
In addition to our RAs, we're happy to employ about 15 students part-time! We'll be hiring residence committee executives in the fall and possibly more students throughout the year, so keep your eyes open for job posting announcements.

## Residence Committee Executives:

The executives of each committee leads the members by hosting meetings, and coordinating events.

**Multicultural Committee Chair: Shayne E**  
**RainBEAU Committee Chair: Madeleine T**

For more information on Residence Committees, see page 10.



## SMU Res Consent Project Coordinator: Susan M.

Some tasks of the coordinator are overseeing the SRCP Assistants, planning, and hosting residence-wide active and passive programs to educate about sexual violence prevention and awareness.

For more information on the SMU Res Consent Project, see page 12.

## Res Wellness Team Coordinator: Samyka K.

Some tasks of the coordinator are overseeing the RWT Educators, planning, and hosting residence-wide programs that educate about mental health and substance use.

For more information on the Res Wellness Team, see page 12.





# WAYS TO GET INVOLVED IN RESIDENCE

Why should you get involved in residence? The real question is why not get involved?! Participating in residence events will help you meet other residence students, gain lifelong friends and help SMU feel more like your home. Whether you're outgoing or shy, competitive or more relaxed, there's something for everyone in residence! We've described 7 of our programs that happen weekly in the next few pages:

**1. Res AfterDark**

**2. Residence Committees**

**3. RES Contest**

**4. RA Programming**



*Residence at Halifax Pride Parade*

**5. Adulting 101**

**6. SMU Res Consent Project**

**7. Res Wellness Team**



Make sure to follow us on social media for event reminders and keep an eye open for event posters or our weekly Res Top 5 emails!



# RES AFTERDARK



*Res AfterDark: Plant Love*



*Res AfterDark: Positive Mental Health Appreciation Night*



*Res AfterDark: Tie Dye Night*



*Res AfterDark: Paint n' Sip*

Res AfterDark is a series of social, residence-wide events held most Thursday nights, typically from 9pm-11pm. It's a great way to meet other students in a low pressure environment and hang out with your friends or floor mates!

The type of events we have during Res AfterDark vary from week to week to accommodate different interests. Events can be competition-based, creative or just plain fun.

Examples of past programs include Scavenger Hunt, Trivia Night, Virtual Games Night, Jeopardy, Tie Dye, Paint Night and many more.

**Stay tuned for info on the first Res AfterDark event of this academic year!**

# RESIDENCE COMMITTEES



If you were involved in high school or want to be involved at SMU, you should consider joining a Residence Committee! Our two Residence Committees are for students who want to get involved in residence and take on a leadership role. They are responsible for planning events for other residence students around a wide variety of topics:

**Multicultural Committee** – celebrates and educates students on the cultural diversity in our community. They organize educational and social events. Ex: Culture Shock, Flag Scavenger Hunt, Trivia



**RainBEAU Committee** – focuses on creating a welcoming and inclusive environment in residence where students can safely express, explore, and celebrate their gender and sexual orientation. Ex: Queer Prom, Panel Discussions, etc.

If you're interested in joining, email [residence.programming@smu.ca](mailto:residence.programming@smu.ca)

# RES CONTEST

RES Contest is a friendly floor vs floor competition where floors earn points for attending residence events, varsity sports games and intramurals. At the end of each semester the floor with the most points wins an awesome prize!

To earn points, submit a picture of your floor at an event within one week of the event occurring.



*Loyola 10 at P.U.M.P on the Field*

Pictures can be emailed to [residence.programming@smu.ca](mailto:residence.programming@smu.ca)! They can be selfies or they can be taken by another person, but please try to send in good quality pictures.

**All Welcome Week events count as RES Contest events, so make sure to take a picture with your floor!**

# RA PROGRAMMING

Throughout the year, your RA will organize events for you and your floor members based upon your interests. During these floor events, you'll get to know the other students living on your floor better and make some fun memories!

These floor events may include going to residence events together, supporting our SMU Huskies, visiting places off-campus or just simply hanging out together on your floor. If you have an idea for a floor event, suggest it to your RA!

Our RAs also plan residence-wide events throughout the year. This year, we'll be having events such as Escape Room & Talent Show.



# ADULTING 101



*Rice 3 at Life Course: Recycling*

Adulting 101 (formerly Life Course) is fun, educational sessions where you can learn practical life skills or useful information. Although the sessions typically take place in a classroom, they're far from a lecture. Adulting 101 is interactive and usually involve activities, simulations, games or Q&As!

# SMU RES CONSENT PROJECT

The SMU Res Consent Project coordinates sexual violence awareness and educational programming within the residence community. Programs may include guest speakers, sex education trivia, social media campaigns, booths in the colonnade, and more!



# RES WELLNESS TEAM

The Res Wellness Team is a group of student leaders, working towards empowering students to make healthy decisions surrounding alcohol and drug use. The Res Wellness Team hosts a variety of workshops, self-care events, and informational booths. Watch out for a Res Wellness Team workshop in ResTop5!



# WHAT TO DO AFTER MOVE-IN

## Visit the Service Expo

One of your first stops after moving into residence should be the Service Expo.

This is where you can get your student ID, bus pass, activate your meal plan, health plan and gym membership. Returning students - while you won't need to get a new student ID, you'll need to get a new validation sticker and reactivate your meal plan, gym membership and health plan.

The Service Expo will be located in the Patrick Power Library, which is open between 10:30am-4:30pm on Saturday, September 3rd to Friday September 9th.

## Visit the Dockside Dining Hall

After you've gotten your meal plan activated, you're all set to visit the Dockside Dining Hall. It is conveniently located between Loyola and Vanier, just down the hallway from the Loyola Residence Desk.

Check out [smu.ca/food](http://smu.ca/food) to find hours for the various food locations on campus. Check out page 30 for more information about SMU dining.



# WHAT TO DO AFTER MOVE-IN

## Attend Floor Meetings

Floor meetings be scheduled by your RA. Make sure you don't miss floor meetings as you'll get to meet the other students living on your floor, play some icebreakers and go over residence policies!



## Attend Welcome to Residence

Welcome to Res takes place on September 5th at 6pm on Zoom. During this fun and interactive session, you'll get to meet residence students and compete against other buildings for Res Contest points! You'll also get to learn more about our upcoming residence events such as Speed Friending and the Residence Committee Social.

This won't be a lecture style event - Get prepared to have some fun and show your building spirit!



# PARTICIPATE IN NEW TO SMU WELCOME ACTIVITIES



New to SMU welcome activities are designed to welcome new students to campus. You'll get to meet other students, learn more about SMU and make a lot of fun memories. Make sure to attend these events as it is a great way to make friends! Residence Life will be hosting a few events such as Welcome to Res, Res AfterDark: Speed Friending, Pride Picnic, and much more.

If you're worried about going to these events alone, don't worry! Your RA will organize for your floor to attend some of these events together and you'll get put into Welcome Week groups by the Pack Leaders.

The full schedule, event descriptions and Welcome Week videos (for past years) can be found on the [SMU website](#).

# NEARBY BUS ROUTES

Learning to use the bus routes in Halifax is a must-do during your first year at SMU. To find out more information on Halifax Transit U-Pass, students can visit [www.smusa.ca/services](http://www.smusa.ca/services). Once you get your bus pass you'll be able to ride the bus for free. If you don't have a bus pass yet, it will cost you \$2.75.

There are four bus routes that have stops on the SMU Campus: #29, #10, #4, and #24. There are also many other bus routes in walking distance as well.

To view the full, official Halifax Transit bus routes and schedules, please refer to their website: [Halifax Transit Routes](#)

With that being said, Transit, Google Maps, and Halifax Transit RT are three apps that help you plan your bus trip, show nearby bus routes, and show real-time data on when buses will arrive.



*Transit*



*Google Maps*



# RESIDENCE POLICIES

Below is a summary of a few main policies: noise, liquor, guest, smoking, drug and cannabis policy. Please note that a comprehensive list of residence policies and prohibited items can be found in the [Residence Handbook](#) on the SMU website. A good rule of thumb is if it's illegal, it's not allowed in residence.

When you signed your Residence Agreement, you agreed to follow the policies outlined in the Residence Handbook. This includes always having your Student ID with you and following staff directions. Failure to follow these policies can result in an Notice of Violation (written warning) or a Notice of Fine (\$50 or \$100).

## Liquor Policy

Our residents and guests have an obligation to make legal and responsible decisions regarding the use of alcohol, which comply with the Nova Scotia Liquor Control Act.

Here are some key points of the Residence Liquor Policy:

- Underage drinking (under 19 years of age) is prohibited within residence.
- Students may consume liquor in their rooms/apartments and in floor common lounges only.
- Open liquor may be transported between rooms on a floor only if:
  - It is in a non-glass container (plastic mug or cup, with lid)
  - It is not consumed while transporting.
- Open liquor is not permitted to leave the floor by any means and is prohibited in elevators, elevator lobbies and stairwells.
- Liquor that can be transported off of the floor includes:
  - Liquor sealed in its closed original container and carried in an unopened case/box.
  - Liquor sealed in its closed original container and carried in a non-transparent bag (i.e. re-usable grocery bag, backpack, paper bag, etc.).
- Drinking games and large quantities of liquor are not permitted.

# Noise Policy

The Residence Handbook prohibits excessive noise in residence, which is defined as any voice, music, or sound which can be heard outside of the room of origin.

Excessive noise infringes on the rights of other students, who may be trying to sleep, study or relax in their rooms.

During quiet hours, the noise policy is more vigilantly enforced by the residence department. Quiet Hours are in effect as follows:

- Sunday to Thursday: 10:00 pm – 8:00 am
- Friday to Saturday: 12:00 am – 8:00 am
- During Exam period - 24 hours

You are responsible for the level of noise in your room or lounge, even if it is your guests being loud. If there is excessive noise on your floor, you can either ask the individual(s) to quiet down, contact your RA or report the situation to the Loyola Residence Desk at (902) 420-5591.

# Smoking Policy

Saint Mary's University is entirely smoke-free. In Residence, all floors are considered non-smoking; this include vapes and electronic cigarettes. Smoking is also not permitted outside the residence entrances.

# Cannabis Policy

The entire Saint Mary's Residence complex is cannabis free. All consumption, use, possession, production, and/or propagation of cannabis or cannabis-related products is prohibited in our residence community. Cannabis in all forms is a prohibited item and you will be fined \$100 for breaking the cannabis policy.

# Drug Policy

Trafficking, use, promotion and possession of illegal drugs & substances is not tolerated on university property (including residences). A distinct odour of drugs or drug paraphernalia is considered sufficient proof that a policy violation has occurred.

In the case of a drug policy violation, all individuals in the room at the time of the offense are subject to disciplinary outlines as well as the resident of the room, even if they are not present. Possible outcomes include but are not limited to residence probation, fines ranging from \$150-\$250+, dismissal from residence and involvement of the Halifax Regional Police.

# Other Policies

- No pets allowed in residence (including fish)
- Failure to evacuate during a fire alarm or emergency situation will result in disciplinary action
- You are not permitted to remove or tamper with the screen in your room
- Pranking is not permitted in residence
- Prohibited Items include but are not limited to: weapons, candles, rugs/carpets, flammable liquids, furniture, hot plates/deep fryers/air fryers/toasters (Loyola/Vanier), beer pong tables, excessive alcohol, bongs/hookahs, drug paraphernalia

If you have any questions, please speak with your RA or visit:

- Residence Life Office (LR 108)
- Loyola Residence Desk (open 24/7)
- Housing & Conference Services (LR 114)

# ON CAMPUS SERVICES

There are so many resources on campus for students. If you have a question about what department on campus does what, talk to your RA , stop by the Res Life Office (LR 108) or email us at [residence.programming@smu.ca](mailto:residence.programming@smu.ca). We'd be more than happy to point you in the right direction!

Check out the following posters for some departments on campus describing what they do, where they are located and how they can help you make the most of your time at Saint Mary's University.

**On behalf of all of us at Residence Life, we hope you have a great year!**



**Saint Mary's  
University**



# Academic Resources

Here is a list of Academic Resources that will help while studying at Saint Mary's University. Students should also look at the class Course Outline or Syllabus for office hours and additional supports on campus.

**Arts advising**: [BAadvising@smu.ca](mailto:BAadvising@smu.ca)

**Science advising**: [advisor.science@smu.ca](mailto:advisor.science@smu.ca)

**Business advising**: [sobey.bcomm@smu.ca](mailto:sobey.bcomm@smu.ca)

**SNAP (Science Numeracy and Academic Proficiency)**:  
[snap@smu.ca](mailto:snap@smu.ca)

**Writing center**: [writing@smu.ca](mailto:writing@smu.ca)

**The Studio for Teaching and Learning**: [studio@smu.ca](mailto:studio@smu.ca)

**Student Success**: [studentsuccess@smu.ca](mailto:studentsuccess@smu.ca)

**Patrick Power Library**: [Research@smu.ca](mailto:Research@smu.ca)

The Student Success Centre provides wholistic support to ensure your success through and beyond your time here at SMU!

## Boost your Learning Skills and Strategies!



- One-on-one coaching
- Workshops
- Study Hall

### Enhance your skills in:

Time Management  
Study Strategies  
Procrastination  
Exam Prep  
Notetaking  
Academic Reading  
Productivity  
Memory  
Focus  
and more!

## Connect with your Peer Success Coach!

Peer Success Coaches are upper-year students who are dedicated to guiding new students through their transition to post-secondary life and success. Peer Coaches love sharing all they have learned during their time at SMU with the students they coach, informing students about how to plan, prepare and thrive throughout their studies at Saint Mary's University!



Check your [@smu.ca](mailto:peercoaching@smu.ca) email for a message from your Peer Coach or email [peercoaching@smu.ca](mailto:peercoaching@smu.ca)



### Get in touch!

[www.smu.ca/StudentSuccess](http://www.smu.ca/StudentSuccess)  
[StudentSuccess@smu.ca](mailto:StudentSuccess@smu.ca)  
Student Centre 301



## ON-CAMPUS RESOURCES

### *Student Centre Building*

**-THE COUNSELLING CENTRE** – Room 406  
Provides individual counselling for students.  
902-420-5615 or [counselling@smu.ca](mailto:counselling@smu.ca)  
[smu.ca/counselling](http://smu.ca/counselling)

**-THE INTERNATIONAL CENTRE** – Room 305  
Provides support to International students.  
902-420-5525 or [international.centre@smu.ca](mailto:international.centre@smu.ca)  
[www.smu.ca/international/the-international-centre.html](http://www.smu.ca/international/the-international-centre.html)

**-FRED SMITHERS CENTRE**  
Provides support to students with disabilities.  
902-420-5452 or [fredsmithers.centre@smu.ca](mailto:fredsmithers.centre@smu.ca)  
[www.smu.ca/campus-life/fred-smithers-centre.html](http://www.smu.ca/campus-life/fred-smithers-centre.html)

**-CAREER SERVICES** – Room 401  
Provides students with career counselling, job search skill development, programming, experiential learning, and much more.  
902-420-5499 or [cel@smu.ca](mailto:cel@smu.ca)  
<https://www.smu.ca/campus-life/career-services/careers-students.html>

**-STUDENT HEALTH SERVICES** – Room 403  
An on-campus clinic for Saint Mary's students.  
902-420-5611 or [student.health@smu.ca](mailto:student.health@smu.ca)  
[www.smu.ca/campus-life/the-student-health-services-clinic.html](http://www.smu.ca/campus-life/the-student-health-services-clinic.html)

**-CONFLICT RESOLUTION ADVISOR** – Room 416  
Promotes an environment free from discrimination and harassment.  
902-420-5113 or [bridget.brownlow@smu.ca](mailto:bridget.brownlow@smu.ca)  
[www.smu.ca/about/conflict-resolution-office.html](http://www.smu.ca/about/conflict-resolution-office.html)

**-AFRICAN DESCENT STUDENT AMBASSADOR** – Room 301A  
Provides information and resources to students of African Descent.  
[africandescentstudentambassador@smu.ca](mailto:africandescentstudentambassador@smu.ca)  
[www.smu.ca/blackstudent/advisors.html](http://www.smu.ca/blackstudent/advisors.html)

**-PEER SUPPORTERS**  
Trained students who have experience dealing with mental health concerns. Only available during the academic year. Peer supporters and the schedule can be found on The Counselling Centres website.  
[peer.support@smu.ca](mailto:peer.support@smu.ca)  
<https://www.smu.ca/campus-life/the-counselling-centre.html>

**-MAN MADE**  
Weekly discussion group for young men that provides them with facilitated conversation and peer modeling around healthy masculinity and sexuality.  
902-420-5615 or [counselling@smu.ca](mailto:counselling@smu.ca)  
[www.smu.ca/campus-life/manmade](http://www.smu.ca/campus-life/manmade)

### *Loyola Academic*

**-SAINT MARY'S CHAPLAINCY** – Room 183  
902-420-5502 or [chaplain@smu.ca](mailto:chaplain@smu.ca)  
<https://www.smu.ca/campus-life/chaplaincy>

### *Burke Building*

**-INDIGENOUS STUDENT ADVISOR** – Room 113  
Advisor for urban Aboriginal students.  
902-491-6578 or [raymond.sewell@smu.ca](mailto:raymond.sewell@smu.ca)  
[www.smu.ca/indigenous-community/student-advisor](http://www.smu.ca/indigenous-community/student-advisor)





4<sup>th</sup> FLOOR, STUDENT CENTRE  
902-420-5615 COUNSELLING@SMU.CA SMU.CA/COUNSELLING

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## OFF-CAMPUS RESOURCES

### *Emergencies*

**-EMERGENCY FIRE/POLICE**  
Call 911

**-QEII EMERGENCY – (19+)**  
1799 Robie Street

**-IWK EMERGENCY – (18-)**  
South Street near Robie Street

### *Non-Emergencies*

**-HALIFAX REGIONAL POLICE – (24/7 NON-EMERGENCY)**  
902-490-5016

**-MENTAL HEALTH MOBILE CRISIS TEAM – (24/7 By phone or in-person)**  
902-429-8176 or 1-888-429-8167 (toll-free)

### *Professional Help*

**-BAYERS RD. COMMUNITY MENTAL HEALTH** Help for those suffering from mental health issues. Referral for doctor preferred.  
902-454-1661 ext.902  
[www.nshealth.ca](http://www.nshealth.ca)

**-811**  
Registered nurse line. Nurses can provide advice on a broad range of everyday health concerns and services. 811 or [www.811.novascotia.ca](http://www.811.novascotia.ca)

**-211**  
An information and referral service that can connect you to health programs and services across Nova Scotia. 211 or [www.ns.211.ca](http://www.ns.211.ca)

**-NS EARLY PSYCHOSIS PROGRAM**  
Helps young people between the ages of 15-35 who are experiencing their first episode of psychosis.  
902-473-2976 or [earlypsychosisprogram@nshealth.ca](mailto:earlypsychosisprogram@nshealth.ca)  
[www.earlypsychosis.medicine.dal.ca](http://www.earlypsychosis.medicine.dal.ca)





4<sup>th</sup> FLOOR, STUDENT CENTRE  
902-420-5615 COUNSELLING@SMU.CA SMU.CA/COUNSELLING

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## VIRTUAL RESOURCES

### *E-Mental Health Resources*

#### **-THEREAPY ASSISTANCE ONLINE (TAO)**

E-mental health resource with modules and self-guided tools. (free sign-up with @smu.ca email)  
[thepath-ca.taoconnect.org](http://thepath-ca.taoconnect.org)

#### **-MENTAL HEALTH ADVOCATES**

Information on mental health related topics for students. Eligible for CCR. Registration available on Brightspace.  
[smu.ca/campus-life/e-mental-health](http://smu.ca/campus-life/e-mental-health)

#### **-SELF-HELP CONNECTION**

Source for information on health resources in Nova Scotia.  
902-466-2011 or 1-844-466-2011 (toll-free)  
[selfhelpconnection.ca](http://selfhelpconnection.ca)

#### **-BECAUSE YOUR MIND MATTERS**

The site includes education, self-care tools, web links and assistance in connecting students to local resources around Psychosis. [www.becauseyourmindmatters.ca](http://www.becauseyourmindmatters.ca)

#### **-TEENMEANTLHEALTH.ORG**

Information on mental health for students. Transitions guild is for first year University Students.  
[teenmentalhealth.org/transitions/](http://teenmentalhealth.org/transitions/)

### *Phone Counselling*

**GOOD2TALK** 24/7 phone counselling for post-secondary students.  
1-833-292-3698 or text Good2Talk to 686868

#### **-WELLNESS TOGETHER**

24/7 free phone counselling.  
1-866-585-0445 (Adult) 1-888-688-6810 (Youth)  
1-855-242-3310 (Indigenous-Hope for Wellness)

### *Support*

#### **-THE YOUTH PROJECT**

Supporting and providing services to youth around issues of sexual orientation and gender identity.  
902-429-5429 or [www.youthproject.ns.ca](http://www.youthproject.ns.ca)

#### **-AVALON SEXUAL ASSAULT CENTRE**

Counselling services for sexual violence survivors, as well as information on prevention/intervention/awareness on sexual abuse.  
902-422-4240 or [avaloncentre.ca/](http://avaloncentre.ca/)  
902-425-0122 (24/7 Sexual Assault Nurse Examiner Response Line)

#### **-LAING HOUSE**

A peer support organization for youth with mental illness (ages 16-29).  
902-425-9018 or [www.lainghouse.org/](http://www.lainghouse.org/)

4th floor Student Centre, Counselling@smu.ca, 902-420-5615



# The Counselling Centre

We offer individual counselling appointments in-person, over-the-phone, or over video call. Trained professional counsellors work with you through brief, solution-focused interventions. We start with a 30-minute intake appointment to help us understand and support your personal counselling goals.

Services are for students who are actively enrolled in classes at Saint Mary's University and who reside in Canada. Students can access up to 8 counselling sessions in one academic year. For additional or longer-term supports, students can also be referred to community resources.

Check out our calendar at [smu.ca/counselling](https://smu.ca/counselling)



# Student Leader Groups

## The Counselling Centre

### Peer Support

Peer Supporters are trained upper-year students who offer peer-to-peer mental health support. Peer Supporters have lived experience with mental health and understand the challenges of being a student.

You can meet with a Peer Supporter to discuss mental health, learn resiliency and coping strategies, and find out about resources. Join their events and drop-in programs or drop in for one-to-one support during office hours. To contact a Peer Supporter, email [peer.support@smu.ca](mailto:peer.support@smu.ca).

### Wellness Ambassadors

Wellness Ambassadors are a new program to provide a closed space for members of equity-deserving populations to meet and discuss their experiences on campus. There are 4 different Wellness Ambassadors, one for each of the following communities: Black/African Descent, International, Indigenous, and 2SLGBTQ+. This program is funded by the Mental Health Foundation of Nova Scotia.

### Healthy Minds Team

The SMU Healthy Minds Team is a group of student volunteers, working with The Counselling Centre, who raise awareness of mental health issues and encourage wellbeing in the Saint Mary's University community. Volunteers engage in outreach, organize events to promote psychological health, educate peers on mental health concerns, and attempt to reduce the stigma associated with mental illness.



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The logo for SMUfit, with 'SMU' in white and 'fit' in red on a black background.

**SMUfit**

# REGISTERED FITNESS PROGRAMS

A group of people in a gym setting. A woman in a purple floral tank top and black leggings is in the foreground, raising her right arm. In the background, other people are also raising their arms. There are blue exercise balls on a rack and a red chair.

Visit [SMUfit.ca](https://www.smufit.ca)  
for more information

Programs include  
**Pilates, Karate  
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# DROP-IN GROUP FITNESS

A group of women in a gym setting performing a lunge exercise. They are on pink and purple mats. In the background, there are stationary bikes and blue exercise balls.

Visit [SMUfit.ca](https://www.smufit.ca)  
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## Sync your meal plan

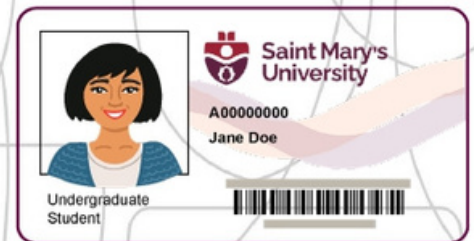
Find the SMU Dining team at Dockside Dining Hall or the Service Expo to sync your meal plan to your Student ID card for easy swiping, all year long!

## Discover your plan

Meal swipes can be used to enter Dockside Dining Hall and enjoy an All-You-Care-To-Eat menu! Flex Dollars can be used at all food service locations on campus. Simply show the cashier your student ID to access your Flex.

Questions? Email us!

[dining@smu.ca](mailto:dining@smu.ca)



Code: HUSKY

## Download Hey Chef

The Hey Chef app provides convenience at your fingertips! Order Late Night Delivery or Groceries to Go directly through Hey Chef using your Flex Dollars or credit!

## Ask the Dietitian

Your SMU Dining Dietitian is here to make sure everyone enjoys safe and delicious meals! If you have a special diet request or any food service questions, reach out to

[dietitian@smu.ca](mailto:dietitian@smu.ca)



@SMUDiningHfx

Menus, Hours of Operations and more

[smu.ca/food](http://smu.ca/food)



# Hi Huskies!

**We're the Saint Mary's University Students' Association (SMUSA) and we are really excited for you to join us on campus! We strive to maximize the positive experience for Saint Mary's students and provide assistance in overcoming challenges through valued services, dedicated representation, caring support, and effective advocacy. Coming out of the past few years and the challenges that came with it, we are determined to continue and expand our support for you, the students. We have been working hard to make this year a memorable one for each and every one of you, starting with Welcome Weeks!**

[See next page for services](#)

**smusa**  
SAINT MARY'S UNIVERSITY STUDENTS' ASSOCIATION



We provide services, support, advocacy, and representation to all of you, **the students of Saint Mary's University.**



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