



INTERESTED IN A SERVICE?  
Click on their name for more details!



- Academic advising and referrals to wellness, learning, career and other services.
- Help students understand college processes and assist in solving problems.



#### COUNSELLING

Free and confidential mental health support for full-time students. Same day service is often available.

#### MEDICAL CARE

Discuss your health with a doctor or a nurse practitioner. Most services covered through OHIP or other student health insurance plans.

#### GOOD2TALK

Free, confidential post-secondary student helpline. Provides support 24/7 service every day of the year.

Dial 1-866-925-5454 or text GOOD2TALKON to 686868

#### OFF-CAMPUS EMERGENCY

In an emergency, go to your local hospital or dial 911

#### PEER SUPPORT

Want to talk to someone who's been there? Emotional and practical support is available with a peer navigator who has lived through similar wellness challenges to many students.

#### BE-DAH-BIN GAMIK (A PLACE OF NEW BEGINNING)

Transition and ongoing support services for Indigenous students, including social and cultural events, activities, counselling and Elders-in-Residence programs.

#### SEXUAL & GENDER-BASED VIOLENCE RESPONSE

If you have experienced sexual harassment, assault or violence, we are here to support you.

#### ON-CAMPUS EMERGENCY

If you are concerned about your safety or someone else's, contact Conestoga's Security Services any time.

#### myCAREER

Explore career options, prepare for employment and develop job search skills.

#### STUDENT ENGAGEMENT

Connect with the college community through events, volunteer experiences and learning opportunities. Visit the Co-Curricular Portal to see what's going on.

#### ATHLETICS & RECREATION

Intramural and varsity sports, fitness classes and drop-in programs.

#### TUTORING & LEARNING HELP

Improve learning skills and get help with math, writing, citation, academic integrity and understanding course material.

#### LIBRARY

Research and resources, including digital help and access to useful apps.

#### TEACH ME TECH

Student tech support and learning technology.

#### ACCESSIBLE LEARNING

Support for students with permanent and temporary disabilities, providing guidance about academic and testing accommodations.

#### INTERNATIONAL STUDENT TRANSITION SUPPORT & ADVISING

Study and work permits, visas, employment, housing, cultural adjustment, and questions related to international students' dependents.

#### STUDENT RIGHTS & RESPONSIBILITIES

Supporting and answering questions about student conduct issues, and concerns about fair treatment and behaviour in the college environment.