



HAHP HELPERS PEER MENTORSHIP PROGRAM

How We Support New Students

SAHHPer is a student-run organization representing all students within the School of Health & Human Performance (HAHP). This association and its constituent program societies seek to help all students by creating a supportive community. SAHHPer offers peer support through its new initiative called The HAHP Helper Program. This program was created to connect new students with Upper-Year students to foster their success through the first year of university. The hope is that all students have a positive experience this upcoming academic year. Join the Peer Support program, get to know a fellow Tiger, and lean on their experience to find success!

Additional details will be sent out to new incoming students through the spring/summer. We look forward to meeting you soon!



What to Expect

- Correspondence with an upper-year student whenever a question or problem comes to mind - they are there to help.
- Weekly, HAHP Helpers will check in with a conversation starter to offer insight into finding success in university.
- Other opportunities such as group hangouts, either virtual or in-person, and other fun activities throughout the year.

**WE'D LOVE TO
HEAR FROM YOU**

SAHHPer on Facebook:
facebook.com/SAHHPer

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