

Fall ORIENTATION 2021



health | YORK
UNIVERSITÉ
UNIVERSITY 

WELCOME

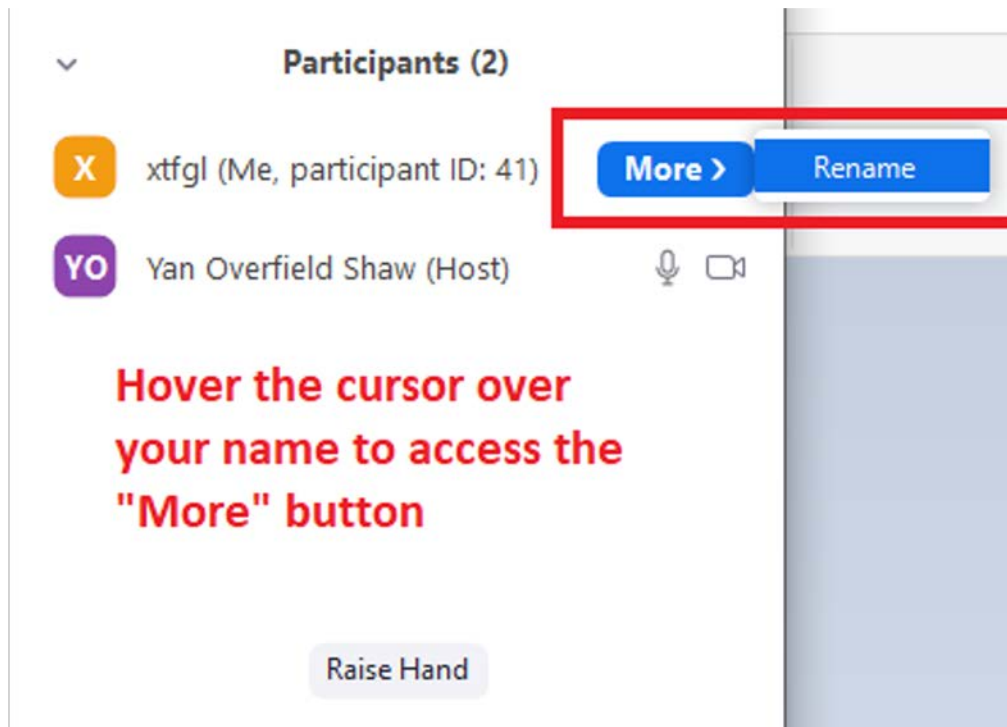
Meet Your Zoom Moderators & MCs!



Zoom Overview

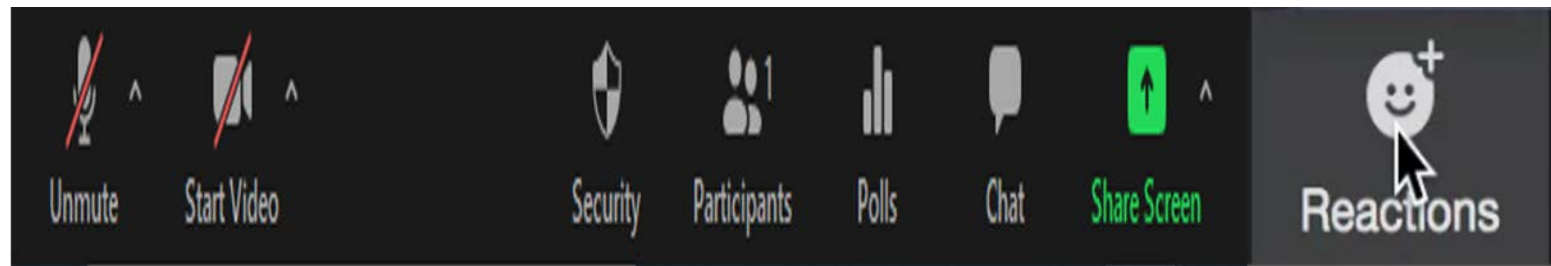
Rename Yourself

1. Click the “Participants” button
2. Find your name on the list and place your cursor on your name.
3. Clicking more, then clicking rename, and then naming yourself first to identify that you are a student, followed by your first and last name. For example, “Student, John Doe”.



Key Zoom Functions

- Move mouse to bottom of Zoom window to see options bar.
- **Mute/Unmute** - Turn your microphone on and off.
- **Start/Stop Video** – Turn your camera on and off.
- **Participants** – See who is in your meeting room.
- **Chat** – Send text messages to participants and ask questions.
- **Reactions** – React to presentations with a thumbs up or clapping emoticon.

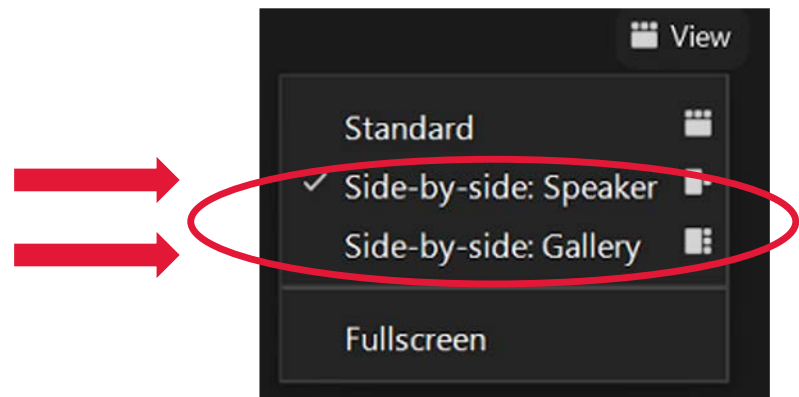


Closed Captioning & View Options

- To turn on subtitles, click "CC" button at the bottom of your zoom screen



- To get a better view of the slides and presenters: go to the very top of your window, click "View Options", and then click "Side-by-Side Mode." (Gallery **or** Speaker view)

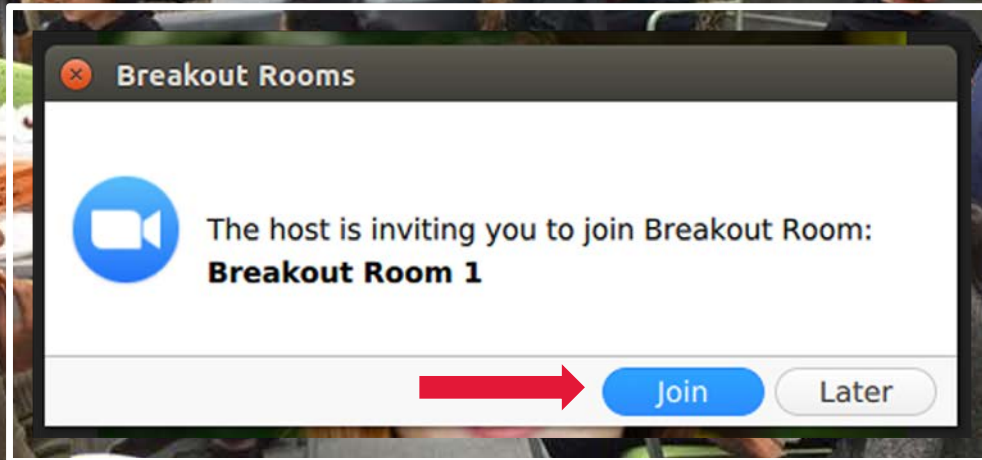


York University Land Acknowledgement

“York University recognizes that many Indigenous Nations have longstanding relationships with the territories upon which York University campuses are located that precede the establishment of York University. York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been care taken by the Anishinabek Nation, the Haudenosaunee Confederacy, and the Huron-Wendat. It is now home to many First Nation, Inuit and Métis communities. We acknowledge the current treaty holders, the Mississaugas of the Credit First Nation. This territory is subject of the Dish with One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes region”

Breakout Rooms!

***An invitation will pop-up on your screen to join your assigned breakout room. Please accept the invitation to join the room!*



Bio Break

IT'S TIME FOR A
**WELLNESS
BREAK !**



**HAD A CHANCE TO
STRETCH TODAY?**

Get moving and stretch!

— Try stretching between each
zoom session!

1



2



3



4



Welcome Back, Academic Honesty & UPD Presentations



Academic Honesty



SENATE POLICY ON ACADEMIC HONESTY

"Academic honesty requires that persons do not falsely claim credit for the ideas, writing or other intellectual property of others, either by presenting such works as their own or through impersonation. Similarly, academic honesty requires that persons do not cheat (attempt to gain an improper advantage in an academic evaluation), nor attempt or actually alter, suppress, falsify or fabricate any research data or results, official academic record, application or document."

IT'S NOT JUST PLAGIARISM

The offering for sale of, buying of, and attempting to sell or buy test banks (banks of test questions and/or answers), or any course specific test questions/answers is not permitted in the Faculty of Health. Any student found to be doing this may be considered to have breached the Senate Policy on Academic Honesty. In particular, buying and attempting to sell banks of test questions and/or answers may be considered as “Cheating in an attempt to gain an improper advantage in an academic evaluation” (article 2.1.1 from the Senate Policy) and/or “encouraging, enabling or causing others” (article 2.1.10 from the Senate Policy) to cheat.

Refer to your E-Class website for course materials and announcements. Avoid using websites not approved by York, WhatsApp groups or social media sites to get course information, as these sources may violate York's academic integrity guidelines, and all users could be penalized.

ACADEMIC HONESTY RESOURCES

- ***Senate Policies:***

<http://secretariat-policies.info.yorku.ca/>

- ***Academic Integrity Module:***

<https://spark.library.yorku.ca/academic-integrity-what-is-academic-integrity/>

- ***Faculty of Health Academic Honesty PPT:***

<http://health.info.yorku.ca/files/2012/10/Academic-Honesty-Presentation-FINAL-COPY-April-18-2013.pdf>

STUDENT RIGHTS AND RESPONSIBILITIES



The following is an excerpt from the Student Code of Conduct, specifically sections 4a and 4b:

“The following behaviours are prohibited. This list is not exhaustive but provides examples of breaches of the standard of conduct. This Code deliberately does not place violations in a hierarchy. The University views all complaints made under the provisions of this Code as serious.”

4a. Breaking federal, provincial or municipal law, such as: breaking into University premises; vandalism; trespassing; unauthorized use of keys to space on campus; unauthorized possession or use of firearms, explosives, or incendiary devices; possession or consumption of, or dealing in, illegal drugs; smoking of legal substances outside designated areas; cruelty to animals; theft of University or private property including intellectual property; unauthorized copying of documents; possession of stolen property.

4b. Threats of harm, or actual harm, to a person's physical or mental wellbeing, such as: assault; verbal and non-verbal aggression; physical abuse; verbal abuse; intimidation; sexual assault; harassment; stalking; hazing.

STUDENT RIGHTS AND RESPONSIBILITIES: RESOURCES

- ***Student Conduct and Responsibilities:***
<https://calendars.students.yorku.ca/2020-2021/student-conduct-and-responsibilities>
- ***Code of Student Rights and Responsibilities (CSRR):***
<https://calendars.students.yorku.ca/2020-2021/code-of-student-rights-and-responsibilities>
- ***Student Rights and Responsibilities:***
<http://oscr.students.yorku.ca/student-conduct>



Succeeding in SHPM:

Welcome from the Undergraduate Program Director



Agenda

- Main Contacts in SHPM
- Program Options
- SHPM Practicum – 4th year
- Online, remote, blended learning
- Workload
- Resources
- Academic Honesty
- Making Connections



Welcome to the School of Health Policy & Management!

Main Contacts in SHPM



Marina Morrow
Program Chair

mmorrow@yorku.ca

Stong College 314C



Lynda van Dreumel
Undergraduate Program Director

lyndavd@yorku.ca

Stong College 338

SHPM Office
Stong College
314

TIP:

shpm@yorku.ca
for all questions

How can the SHPM Office help?

Email shpm@yorku.ca for the following assistance:

- Degree and **course-related advice**
- Questions about **career** options
- **Permissions** to enrol in courses
- What to do if you **miss a test or exam**
- **Help contacting** a Course Director
- Assistance **accessing other York U services:**
 - Mental health resources
 - Learning and study skills resources
 - Academic advising
 - Getting involved in clubs



Program Options

Choose 1 of 3 Specializations
Eligible to take 4th Year Practicum Course

BHS 90 credits	BHS Honours 120 credits	BHS Specialized Honours 120 credits		

Health Studies Practicum – HLST 4990 9.0

What is the Practicum?

- Work experience placement (Experiential Learning)
- Placed in a health/social care/government organization to complete a health studies project
- Matched to an organization based on student interests and goals
- Opportunity to build your resume and make professional connections in the field

Who can take the Practicum Course?

- Must be enrolled in in a **Specialized Honours** program
- GPA equal to **B+ in HLST credits**



How can I prepare for the Practicum?

- Be **enrolled in a Specialized Honours** program by the beginning of your 3rd year
- Seek assistance:
 - **For GPA:** Go to office hours, Learning Commons/Learning Skills Services
 - **For Career Readiness:** Career Centre workshops in Resume Writing, Interviewing Skills
- Attend **Practicum information sessions** in your 3rd year
- **Application and selection** for the Practicum occurs near the end of your 3rd year

Health Studies Practicum



Online, Remote, and Blended/In-Person Courses

THIS INFORMATION IS ONLY RELEVANT FOR THE FALL 2021 SEMESTER – WINTER SEMESTER IS PLANNED FOR IN-PERSON

- **Online Course**

- Designed to be online and most work is done asynchronously (classes not scheduled)

- **Remote Course**

- Normally in-person, but during the pandemic it is offered completely online
- There may be a mix of synchronous (scheduled) and asynchronous classes (on your own schedule)

- **Blended/In-Person Course**

- Some classes will be offered in-person on campus, some classes will be offered remotely
- When enrolling, course notes will indicate how many in-person classes there are
- Course outline will specify which weeks

For Blended/In-Person Courses:

If you experience a **barrier to attending a scheduled in-person class**, please speak to your Professor **during the first week of class.**

Workload

For every 1 hour of class, expect to spend 2 to 3 hours preparing for class, studying, completing assignments

- **Anticipate that online/remote courses may include:**
 - Written assignments and take-home exams which may take more preparation compared to in-person exams
 - Use of discussion boards and preparation of weekly posts/summaries/reflections
 - Group work – you will need to meet virtually with your group to complete assignments
 - The 12-week semester goes quickly – it is easy to fall behind
- **Tips for Success:**
 - Take care of yourself – rest, nutrition, activity, stress management, make connections (Student Clubs)
 - Set up a virtual study group in your class
 - Connect with the Course Representatives in HLST 1010 and HLST 1011
 - Schedule your school work as if it was a work-day appointment
 - Get to know your prof (and help your prof get to know you)
 - Attend office hours if you are falling behind or having challenges in the course
 - Make use of the resources available to York University Students



Recommended Resources

OSAS Academic Advising:

- [Attend an advising appointment](#) yearly to plan your courses
- Do not try to do it yourself – missing a pre-requisite can delay your degree progress

Learning Skills Services and Learning Commons

- [Workshops](#) are available in Time Management, Study Skills, Stress Management, etc..

Student Accessibility Services:

- If you [require accommodation](#), connect with them early, and provide your Letter of Accommodation during the first week of the semester

Mental Health & Wellness Resources:

- A list of resources will be posted on eClass
- You can also find resources here: [Mental Health Resources for Students](#)

Writing Centre

- [Drop in, virtual, and scheduled appointments](#) are available to support you in developing your writing skills

SPARK Academic Honesty Module:

- [Self-study module](#) to help students learn about Academic Honesty
- Read the [Senate Policy on Academic Honesty](#)

Academic Honesty

Principles:

Fairness

- Ensures that original work is attributed to creator
- Confidence that assignments, tests, and other graded items are your work and copied from the work of others
- Determine your original ideas from the cited work of others who contributed to the field of knowledge

Reliability

- Information is credible and accurate
- Can trace the originator of each component
- Data and information collection and analysis is transparent

Common Pitfalls:

Plagiarism

- Ideas from others (papers, internet sources) are not cited
- Ideas are taken word-for-word without citation or quotation marks
- Ideas are not paraphrased (e.g. student changes only a few words – called “patchwriting”)

Cheating

- Submitting paper obtained online or written by another person
- Collaborating with others on an assignment or exam when no collaboration is permitted
- Accessing prohibited sources (internet searches, homework help sites, course notes) during an exam

Aiding & Abetting

- Helping someone else commit plagiarism or cheat

How to maintain Academic Honesty

- Always **clarify with the professor** what is permitted for take-home assignments and online exams
 - Are students allowed to discuss the questions and answers?
 - Can students work together?
 - What resources can be used to answer the question?
 - Can the textbook and/or course notes be consulted?
 - Can external sources (Google searches etc.) be used?
- Access citation and **referencing resources** at [York U Libraries](#)
- **Take notes in your own words** – avoid cutting and pasting passages from sources as a method of note-taking
- Don't leave work until the last minute
- If you are running out of time, it is better to **ask for an extension** or take the **late penalty** rather than risking committing a breach of Academic Honesty
- **Avoid sharing your work with others**, including uploading to sharing websites

Making Connections

- **Visit your Professor's office hours**
 - Reviewing material
 - Learning about their research
 - Discussing career options
 - Exploring volunteer/research opportunities
 - Getting to know one another
- **Participate in class**
 - Where possible, put your camera on when speaking
 - Contribute by speaking and using the chat
- Create online **study groups**
- **Join clubs** and student associations



Welcome to SHPM

**Wishing you
success!**

shpm@yorku.ca



Q & A Wrap-up & Poll



Bio Break

IT'S TIME FOR A
**WELLNESS
BREAK !**



**HAD A CHANCE TO
STRETCH TODAY?**

Get moving and stretch!

— Try stretching between each
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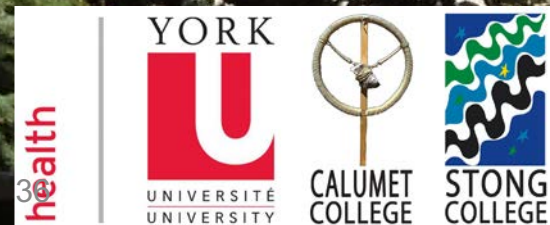
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College Resources, Student Clubs & Menti Quiz



Connecting With the CCSC College Heads



Your College Heads



Mazen Hamadeh

Head of Stong College

stong.yorku.ca/



Jennine Rawana

Head of Calumet College

calumet.yorku.ca/

What is a College?

*“Your College is
your home in a big university”*



- ✓ A place to meet others, volunteer, study, access resources and programs
- ✓ A place to help you be successful at York

Calumet & Stong Colleges Student Success Programs

INSPIRING LEARNING, LEADERSHIP, AND CITIZENSHIP



To learn more, please
visit: <https://ccscss.info.yorku.ca/online-student-support/>

Calumet & Stong Colleges Student Success Programs



Orientation & Transition

- Orientation
- Mentoring Student
- Welcome Events



Academic Support

- Course Representatives
- Peer Assisted Study Sessions (P.A.S.S.)
- Peer Tutoring



Leadership & Professional Development

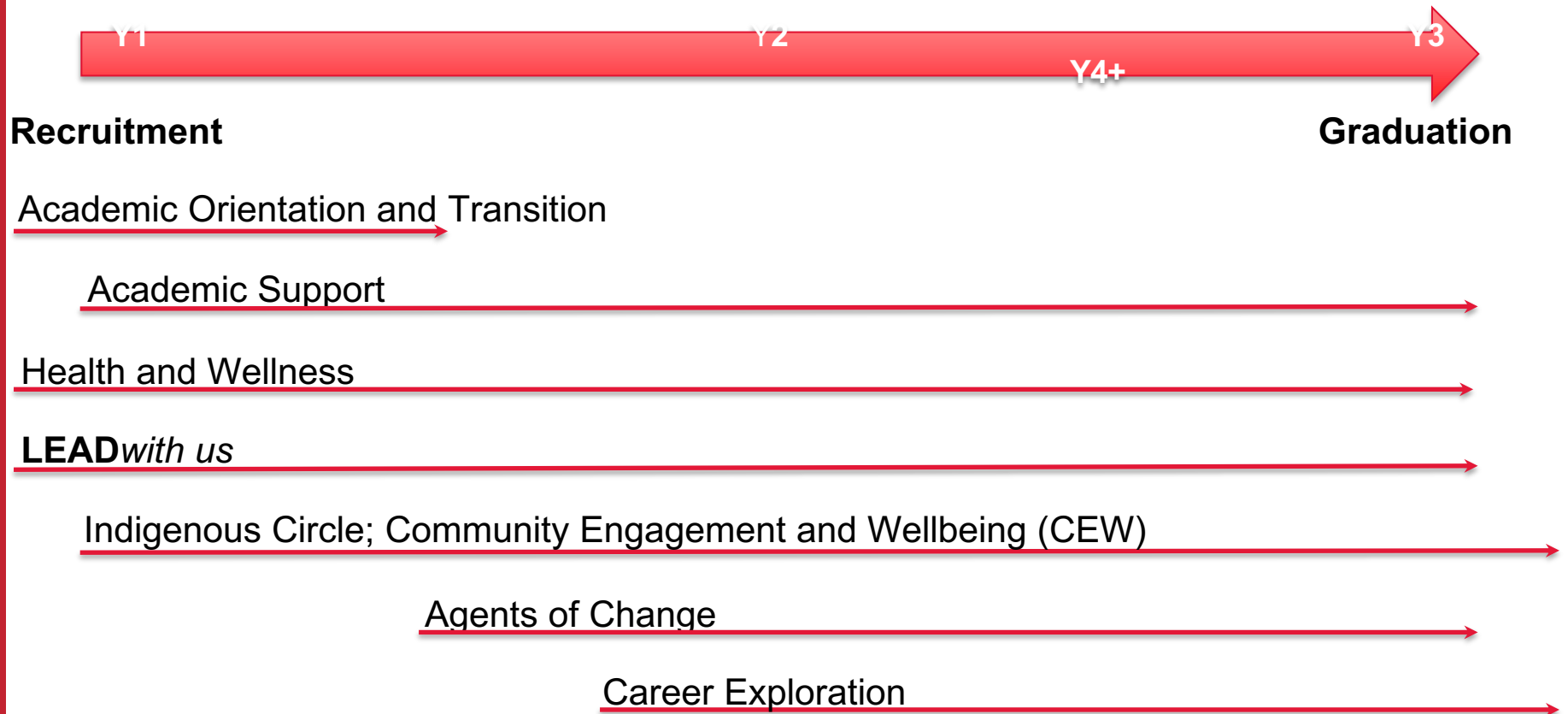
- Health & Wellness
- LEAD_{with us}
- Work and Volunteer Opportunities
- Career Exploration
- Awards & Recognition
- Agents of Change



Community Building & Development

- Student, Staff & Faculty Advisory
- Student Engagement & Partners
- Indigenous Circle
- Alumni & Fellow Engagement
- Research & Program Develop.
- College Celebrations
- Colleges @2025 events
- On-Campus Partnerships
- Off-Campus Community Engagement

Program Development Across Student Lifecycle



EDI • AODA • Marketing, Media and Branding • Alumni and Fellow Engagement • Partnering with Student Clubs/Councils

How Can Calumet College Help Me Succeed at York?

College Main Office

- Student Success Programs
- Community/ personal development events

College Councils

- Student Voice
- O-Week
- Social events
- Athletics
- Swag

CC Clubs

- College Affiliated Clubs (BSIP, UPSA, SAHMPI, GHSA)

Student Space

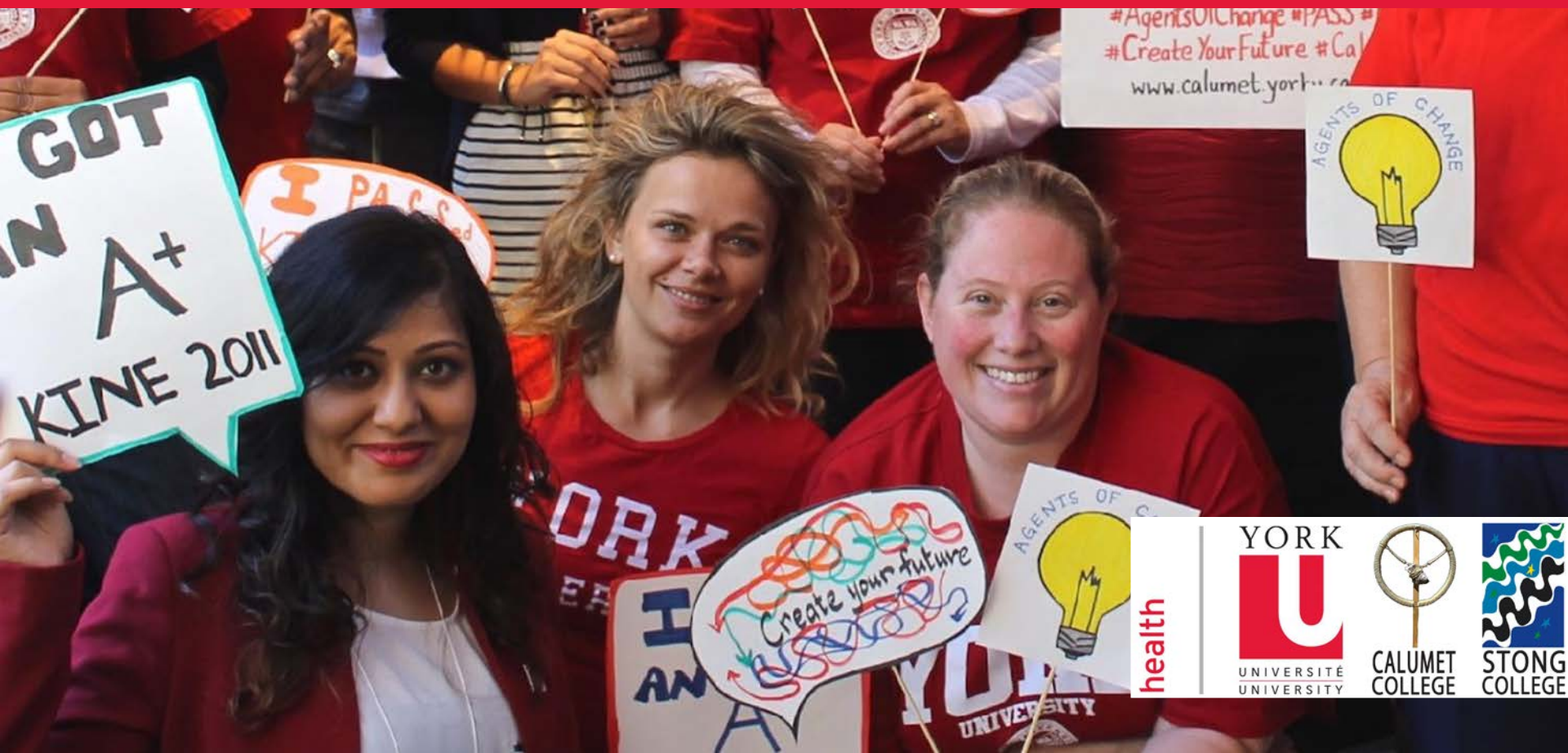
- Study (SC 111)
- Social (eg CC 100)
- Wellness Lounge

Mazen & Jennine's Tips for Success





CCSC Student Success Programs



Leadership, Exploration & Development (L.E.A.D)



Leadership, Exploration & Development (LEAD)

What is LEAD?

- The purpose of this program is to foster a culture of leadership and citizenship among all students affiliated with Calumet and Stong Colleges
- LEAD offers hands-on workshops and training opportunities for peer leaders and students



LEAD Training

1

Emerging Leadership Training (ELT)

Designed for new students and students interested in getting involved at Calumet and Stong Colleges (CCSC)

2

Foundational Peer Leadership Training (FPLT)

Designed for peer leaders and is mandatory for all CCSC peer leaders

3

Advanced Peer Leadership Training (APLT)

Designed for students engaged in leadership experiences

4

LEAD Essentials

Designed for groups and student organizations

5

EXEC YU

In development
New offering for peer leaders in executive positions

LEAD

What are the benefits of getting involved?

- Helps you find your passion /discover new interests
- Provides a sense of mattering
- Creates connections
- Enhances your self-confidence
- Makes your university life more fun

LEAD

Where can I find more information?

- LEAD training sessions will be offered throughout the summer once the schedule is finalized you will find the details here <https://ccscss.info.yorku.ca/lead/>

Please direct questions to scchelp@yorku.ca

Peer Assisted Study Session (P.A.S.S.)

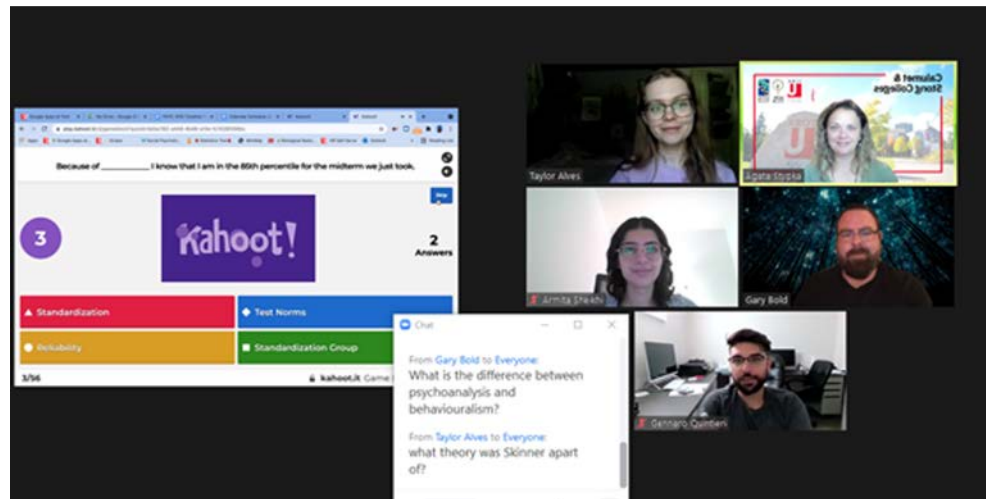


Peer Assisted Study Sessions (PASS)

What is PASS?

- Weekly group sessions led by trained peer leaders who have taken and aced the course
- Sessions are held online (zoom platform) and are free
- Sessions are collaborative, fun and interactive

Example of PASS Session



Peer Assisted Study Sessions (PASS)

What are the benefits of PASS?

- PASS is a **time saver** and focuses your study efforts
- Be introduced to different **learning skills and strategies**
- Gives you an opportunity to **practice example questions**
- Helps you **build a stronger understanding** of key concepts and themes
- **Connect** with like-minded peers

Example of learning skills and strategies included in PASS



Fall 2021 PASS

What courses are being supported in Fall 2021?

- PSYC 1010, PSYC 2020, PSYC 2021
- KINE 1020, KINE 2011, KINE 2031
- HLST 2300

When do PASS sessions start?

- Week of September 20, 2021

Where can I find more information?

- PASS session promotional material will be posted on eClass for those courses being supported by PASS
- Visit the PASS webpage to find the Fall schedule and course offerings <https://ccscss.info.yorku.ca/pass/> or email scchelp@yorku.ca

Course Representative Program



Course Representative Program

Course Representatives:

- Make class announcements about studying tips, events, and ways to get involved within the university's community
- Communicate and strengthen ties between the course director and students
- Organize nonfacilitated study sessions
- EClass Student Success Discussion Forum



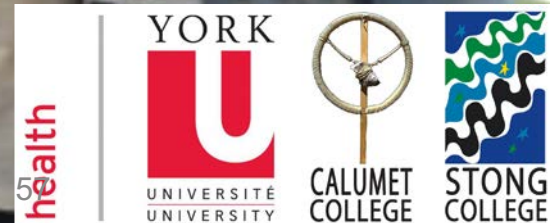
Course Representative Responsibilities

- Attend mandatory trainings
- Attend weekly meetings with peer CRs, CR Coordinators
- Practice & deliver 3 mins (pre-designed) presentation
 - May present live or record a video
- Organize nonfacilitated study session
- Post on eClass

Find out more about the CR program:

<https://ccscss.info.yorku.ca/course-representative-program/>

<https://ccscss.info.yorku.ca/ccsc-student-success-programs/>



Calumet College Council

CCC

Calumet College Council (CCC)

Services offered include:

- Social spaces
 - Intramural sports
 - Social events
 - Affiliated academic clubs
 - Wellness Lounge
 - Calumet College apparel
- **Website:** <https://www.calumetcollegecouncil.ca/>
 - **Email:** president.calumetcc@gmail.com
 - **Instagram:** <https://www.instagram.com/calumetcollege/>
 - **YU Connect:** <https://yorku.campuslabs.ca/engage/organization/calumetcollegecouncil>

Calumet College Resource Kit:

<https://docs.google.com/document/d/1Mxm3-76wClGKRIAHOgo6j1ZqtP7wgUFO8cvtrVcBZyU/edit>



Health Studies Student Club





About us



Reach the heights of your academic potential



Prepare you for life during and after university



Develop a good understanding of the healthcare system and all of its aspects

Peer Mentoring Program

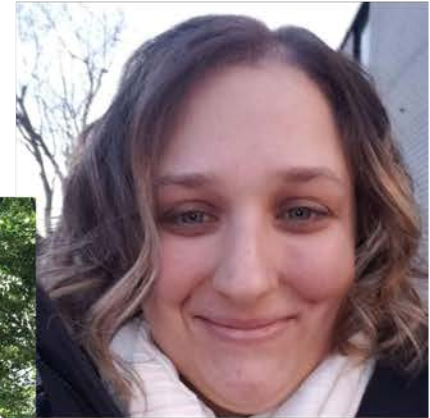
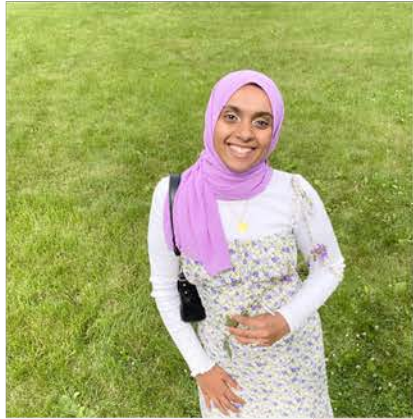
Mission

- To provide one-on-one support to new incoming students in SHPM.
- To help them achieve a successful transition into university life at YorkU.
- To help them navigate through their first year and offer guidance both academically and socially.

Benefits

- Our Peer Mentors have been trained to give you constant support throughout the school year.
- They are available to you both through weekly group session and one-on-one communication.
- They will be responsible for contacting, answering questions, giving advice on university life, and relaying information and resources to SHPM students.

SAHMPI Peer Mentor Team 2021/2022



Peer Mentor Coordinator 2021/2022

Emma Gurevich (she/her)

- Peer Mentor Coordinator for SAHMPI 2021-2022
- Peer Mentor SU21
- Email: emgur@my.yorku.ca



Peer Tutoring Program

Mission

- To provide free one-on-one academic support to students in SHPM.
- Specifically in these courses:
 - HLST 1010 - Foundations of Health Studies I
 - HLST 1011 - Foundations of Health Studies II
 - HLST 2040 - Health Informatics I: Introduction to Health Informatics
 - HLST 2300 - Statistical Methods in Health Studies

Benefits

- Our Peer Tutors are well-trained upper-year students who have achieved a minimum GPA of an A/B+ in the course they are tutoring.
- They are available to you through one-on-one appointments.

Peer Tutor Coordinator 2021/2022

Jad Al-Haddad (he/him)

- Peer Tutor Coordinator for SAHMPI 2021-2022
- Peer Mentor Fall-Winter 2021-2022
- Email: jhaddad@my.yorku.ca



Upcoming Events – Saturdays with SAHMPI

Month	Event
September	Freshman Mixer (Speedfriending)
	Scavenger Hunt
	Game Night
	Coffee House
October	Murder Mystery Party: Kill or Be Killed?
	Pumpkin Carving Event
November	Cookies Decorating
	Destress/Mindfulness Event
December	Holiday Party

Upcoming Initiatives

Sip with SAHMPI

- Monthly podcast episode
- Mission: To share a space with SHPM students to discuss various topics
- Guest speakers: Professors & program alumni

Start Looking Ahead

- Alumni network events
- Mission: To illustrate to SHPM students potential career/academic paths for their post-graduate journey

Design Our SAHMPI Logo

**LOGO DESIGN
CONTEST**

**DEADLINE: 11:59 PM SEPTEMBER
20, 2021**

Competition Details
Create the most creative SAHMPI logo representing the Student Association of Health Management, Policy and Informatics. Feel free to use any colour, shape, and style. We are looking for the most unique design.

What Benefits You Recieve

1. A \$25 bookstore gift card
2. Having your final work used in all of SAHMPI's future official communications
3. Bragging rights

Requirements

1. The name SAHMPI
2. The submission format should be both in DOC and PNG

Send your complete logo submissions to
sahmpi.yorku@gmail.com

sahmpi
Student Association of Health Management,
Policy and Informatics



Current logo



Join Us!

**STUDENT ASSOCIATION OF HEALTH MANAGEMENT,
POLICY AND INFORMATICS**

**WE'RE
HIRING!**



1. HEALTH AND WELLNESS COORDINATOR
2. INCOMING STUDENT REPRESENTATIVE

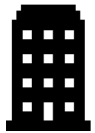
Swipe to read more about each
role and their responsibilities

Application link:

https://docs.google.com/forms/d/e/1FAIpQLSdob1kEQYomJodfFGUSfo1S6OtlgZ7uEA1DP7bNZoR9lxbWQ/viewform?usp=sf_link



How to reach us



Main Office: Room 126C in Calumet College
• Office hours are available by appointment



Website: sahmpi.yorku.ca



Instagram: @sahmpi.yu

How to contact us

Feel free to ask any question by emailing the following accounts :

- **General Inquiries:** sahmpi.yorku@gmail.com
- **Peer Mentoring Inquiries:** sahmpimentoring@gmail.com
- **Peer Tutoring Inquiries:** sahmpipeertutoring@gmail.com

20/20/20 Break

IT'S TIME FOR A
**WELLNESS
BREAK !**



**YOU HAVE BEEN STARING
AT YOUR SCREEN FOR TOO
LONG!**



- Take a break from your screen every 20 minutes
- Look 20 feet away from the screen for 20 seconds



How much do you know about the Colleges?

Let's test your knowledge!

Visit www.menti.com and test your knowledge!



Please enter the code

Submit

The code is found on the screen in front of you

**Enter code provided in the chat!*

Link: <https://tinyurl.com/SHPM-QUIZ>

Student Panel



Q & A



Feedback Survey & Wrap-Up



Your Feedback Please!

Visit:
<https://tinyurl.com/AO21SURVEY>

E-class: Fall 2021 Virtual Resource Hub, Faculty of Health

Visit: tinyurl.com/eclassaccess

Enrolment Key: Fall2021

Getting Started at YorkU!

- YU Card
- My Online Services
- Accessing Courses
- Using Zoom

Pages: 4 Files: 2

Orientation & Transition

What is Orientation?

York University Virtual Summer Orientation offers a wide variety of Orientation programming for all new and incoming students. It is a great way to meet new people, discover campus resources, and learn all about your degree while providing you with a smooth transition into university.

Summer Orientation is for all new incoming students, including transfer, mature, international, and exchange students.

Orientation events and Resource provided below include:

- Summer International Student Virtual Orientation
- Academic Orientation: (sessions A and B)
- York 101 Youtube Playlist

Pages: 3 URLs: 2

Calumet & Stong Colleges Student Success Programs

Calumet & Stong Colleges offers a variety of **free** Student Success Programs including, but not limited to:

- **Peer Tutoring:** Drop-in tutoring in several courses, ranging from core courses to the historically difficult classes.
- **Peer Mentoring:** Mentoring connects well-trained upper-year students with first-year and transfer students to help them transition into university.
- **Course Representatives:** Well-trained students who make class announcements to encourage classmates to engage in their own personal success.
- **Peer Assisted Study Sessions (P.A.S.S.):** Involve upper level academically successful students who facilitate study sessions in courses that are known to be historically challenging.

File: 1 Pages: 2

Events this Month

Calumet & Stong Colleges Events Calendar: [Here](#)

Please consult the following websites for additional workshops and services elsewhere on campus: [Career Centre](#), [Learning Skills](#), [CDS Personal Consulting Services](#) and [Libraries](#).

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Follow Calumet College on Social Media!

Facebook -

<https://www.facebook.com/calumet.york/>

Instagram - @calumet.york

goSAFE App

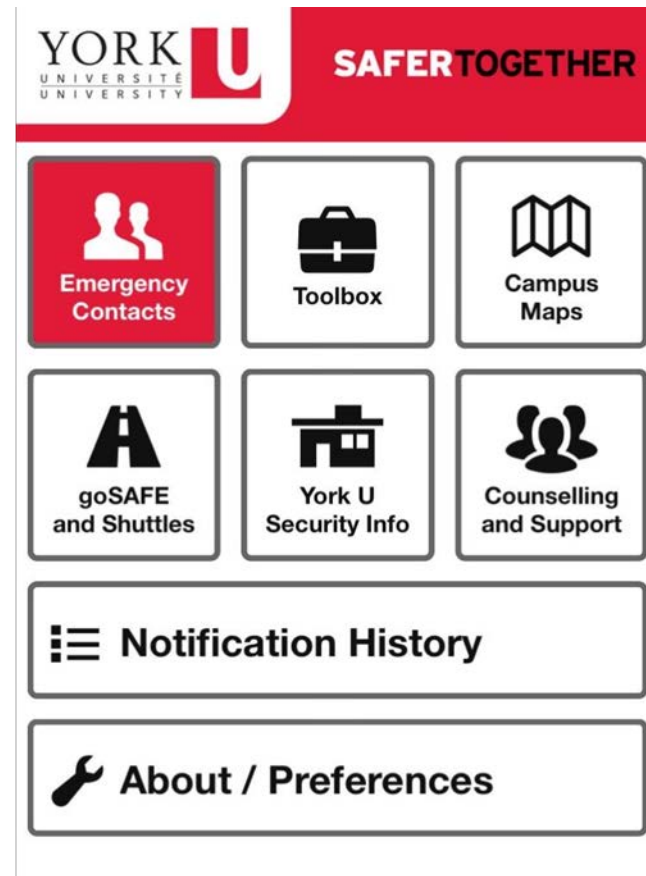
goSAFE teams accompany York community members to and from any on-campus location, such as the Village Shuttle pick-up hub, parking lots, bus stops or residences. Upon request, goSAFE staff will gladly wait with you until your bus or transportation arrives or your car starts and will strive to meet you at your pick-up location within 10 minutes of your call

To contact goSAFE, you can:

- Call 416-736-5454, or from your office phone at extension 55454
- Use any on-campus payphone (it is a free call!)
- Use any Blue Light Emergency Phone and ask for goSAFE Use any on-campus Safety Phone and push the black goSAFE button

To download the app, check:

<https://www.yorku.ca/safety/app/>



My Student Support Program (SSP)

- Additional Mental health & well-being support service for international students
- Provides international students with immediate and/or ongoing support
- Speak with a counsellor
- Can download MY SSP at:
 - Apple App Store
 - Google Play Store



<https://myssp.app/ca/home>

Closing Remarks

