

*The McMaster Students Union*

# PRESIDENT'S PAGE



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During my undergrad, I found that when academic pressure kicked in, loneliness slowly crept up on myself and those around me. Between midterms, papers, and work, I found myself giving up activities that occurred outside of the classroom. I was often sacrificing community – something so intrinsic to my wellness. During months with high academic pressure, I encourage you to reach out to your community instead of shutting it out.

Maccess, the Women and Gender Equity Network (WGEN), the Pride Community Center (PCC), and the Student Health Education Centre (SHEC) offer community in different ways, each specializing in one general area of support.

Maccess focuses on supporting students with disabilities and addressing accessibility concerns on campus. The space (located in MUSC B111) offers drop-in support groups on a number of different topics including chronic illness, anxiety, obsessive compulsive disorder, eating disorders

and ASD (autism spectrum). They also offer drop-in support between 11:30 AM and 4:30 PM Monday to Friday.

The Women and Gender Equity Network, commonly referred to as WGEN, aims to provide a safe(r) space for students, specifically catering to women, trans folk, people who identify outside the gender binary, gender non-conforming folk, and survivors of sexual and gender-based violence from all gender identities. Along with offering drop-in support, they also offer binders, bras, and breast forms, as well as menstrual products for students who need them. Stop into MUSC 204 or connect online to request any of the available items.

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The Pride Community Centre (PCC) aims to provide community and support to students who may identify as gay, lesbian, bisexual, transgender, queer, and/or any of the other diverse identities that make up the Pride community. The space, located in MUSC 219/221, offers one of the few 2STLGBQI+ resource libraries in the Hamilton area, filled with books, DVDs, and journals. Use of the library is free and open to all McMaster students.

The Student Health Education Centre, often abbreviated to SHEC, focuses on health promotion and education. Along with peer support, they also offer free confidential pregnancy tests, a breastfeeding space, free safe(r) sex items, as well as a wide

array of relevant resources and literature in their MUSC 202 office. For those that would prefer to anonymously and confidentially access some of SHEC’s menstrual products or safe(r) sex items, SHEC has a partnership with the MSU Food Collective Centre through their anonymous Lockers of Love program via [msumcmaster.ca/lockers-of-love](http://msumcmaster.ca/lockers-of-love).

Accessing community through in-person peer support isn’t a comfortable option for everyone. The McMaster Okanagan Charter hosts a holistic,

online resource for folks looking for wellness support beyond the MSU. From financial aid resources to wellbeing apps and websites, the Okanagan Charter is available at [okanagan.mcmaster.ca](http://okanagan.mcmaster.ca).

Regardless of how you define your community, please remember you are not alone. Whether that community is an MSU service, university resource, an off-campus group, or something else entirely, I urge you to stay connected over the next few months.

## McMASTER STUDENTS UNION PEER SUPPORT SERVICES

	<ul style="list-style-type: none"> <li>Facebook: MSU Maccess</li> <li>Twitter: MSU_Maccess</li> <li>Instagram: msu_maccess</li> </ul> <p><a href="http://msumcmaster.ca/maccess">msumcmaster.ca/maccess</a></p>
	<ul style="list-style-type: none"> <li>Facebook: MSU Pride Community Centre - PCC</li> <li>Twitter: msu_pride</li> <li>Instagram: msu_pride</li> </ul> <p><a href="http://msumcmaster.ca/pcc">msumcmaster.ca/pcc</a></p>
	<ul style="list-style-type: none"> <li>Facebook: MSU Student Health Education Centre - SHEC</li> <li>Twitter: msuSHEC</li> <li>Instagram: msu_shec</li> </ul> <p><a href="http://msumcmaster.ca/shec">msumcmaster.ca/shec</a></p>
	<ul style="list-style-type: none"> <li>Facebook: MSU Women and Gender Equity Network - WGEN</li> <li>Twitter: MSU_WGEN</li> <li>Instagram: msu_wgen</li> </ul> <p><a href="http://msumcmaster.ca/wgen">msumcmaster.ca/wgen</a></p>

[msu\\_mcmaster](https://www.facebook.com/msu_mcmaster)  
[msumcmaster.ca](http://msumcmaster.ca)  
 text “MSU” to 71441

The President’s Page is a space sponsored and used by the McMaster Students Union (MSU) Board of Directors (BoD) to communicate with the student body. It functions to highlight the Board’s projects, goals, and agenda for the year, as well as the general happenings of the MSU.



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