

# WHAT IS PEER ACTIVE LISTENING?



- Peer Active Listening is a peer-led program that provides confidential, anti-oppressive, non-judgemental, and unbiased support to all Humber/UoGH students.
- It's a place to vent, talk about current stresses, or anything that is occupying your mind that you want to talk about and let out!
- PAL sessions help guide students to navigate post-secondary education and are part of the initiative to create a healthy work-life balance.

## HOW TO SIGN UP:



1 Scan the QR code

2 Sign up on calendly

3 Attend your session