



**University
of Victoria**

**Counselling
Services**

April 24, 2015

Peer Helping Communication

Dear Campus community,

We would like to advise and update you on the plan to renew our Counselling Services Peer Helping program. The Peer Helping program has operated on our campus for over 25 years. It was developed and nurtured by a number of counsellors including Janet Sheppard, Tricia Best, and more recently, June Saracuse and Emma Mason. Countless other Student Services professionals have contributed to the success of our program over the years and it has enhanced the lives of many students who have participated.

Due to the popularity of this program over the last two decades, it has regularly been over-subscribed and we have unfortunately not been able to accept all of the students who have wanted to participate in the program. Therefore at this time and for the upcoming 2015/16 academic year, Counselling Services will be working with the other Student Services units to expand the Peer Helping program in order to offer many more paraprofessional /volunteer opportunities for students across Student Services.

We will not recruit new Peer Helpers for this upcoming transition year but will involve this year's returning Peer Helpers to take a leading role in student led campus Student Mental Health events next year. Please refer anyone who is interested in volunteering on these Student Mental Health initiatives to send their contact information to uvicsmhs@uvic.ca

We look forward to working with campus stakeholders to determine program needs for 2016/17.

Please feel welcome to contact me directly if you have any questions.

A handwritten signature in black ink that reads "Rita Knodel".

Rita Knodel Ph.D. R.Psych.
Director, Counselling Services
& Multifaith Services
Division of Student Affairs
University of Victoria
Telephone: 250 721-8341
Email: rknodel@uvic.ca
Web: <http://coun.uvic.ca>