Reward Yourself!

Become a PEER HELPER

- Receive training in skills development
- Develop interpersonal and social skills
- Improve your decision making skills
- Improve academic performance
- Become more knowledgeable about your university
- Build references
- Give your resume a boost

What Peer Helpers say about the program...

"By allowing me to contribute ideas to various projects, being a Peer Helper has increased my confidence."  
Jeannette  
Psychology major  
4th year.

"By being a part of the Peer Helper Program, I have developed a greater understanding of student needs and improved my own personal team work skills."  
Jessica  
Recreation major  
3rd year.

Peer Helpers

The Rewards are Endless

www.mun.ca/wellness/peer/
UC-5002A
864-2659
We are Peer Helpers, a student volunteer section of The Wellness Program.

We offer a variety of programs:

- Healthy Lifestyles
- Academic and Stress Management
- Health and Wellness Education
- Trojan Trolley Tuesdays
- I ♥ MUNdays
- Alcohol Awareness
- Relationships
- Healthy Mind Awareness

Do you have or would you like to develop these qualities?

- Do you enjoy helping others?
- Do you like to share your knowledge with others?
- Would you like to be a positive role model?
- Are you looking for a great way to enhance your university career?
- Do you want to add to your co-curricular record?

Why not become a Peer Helper?