



## UNIVERSITY OF TORONTO FACULTY OF LAW

### Welcome Wellness Resource List

JD Financial Aid Office - <https://www.law.utoronto.ca/financialaid>

[financialaid.law@utoronto.ca](mailto:financialaid.law@utoronto.ca)

Records Office - [records.law@utoronto.ca](mailto:records.law@utoronto.ca)

JD Academic Handbook - <https://handbook.law.utoronto.ca/>

U of T Accessibility Services

<https://studentlife.utoronto.ca/service/accessibility-services-registration-and-documentation-requirements/>

U of T Health & Wellness

<https://studentlife.utoronto.ca/department/health-wellness/>

Family Care Office - <https://familycare.utoronto.ca/>

U of T TELUS Health Student Support (THSS) <https://uoft.me/THSS>

Good2Talk

<https://good2talk.ca/contact/>

Member Assistance Program: Free counselling for law students and lawyers,

<http://www.myassistplan.com/>

Mindfulness Program at the Faculty of Law

<https://www.law.utoronto.ca/student-life/personal-support/health-and-well-being/mindfulness-program-faculty-law>

Hart House – Fitness

<https://harthouse.ca/fitness>

Student Clubs and Events

<https://www.law.utoronto.ca/student-life/student-clubs-and-events>

Indigenous Initiatives Office

<https://www.law.utoronto.ca/programs-centres/programs/indigenous-initiatives-office>

Health & Dental Plan - <https://www.utsu.ca/health-and-dental/>

University Health Insurance Plan – UHIP

<https://internationalexperience.utoronto.ca/international-student-services/university-health-insurance-plan-uhip/>

UofT Meal Plan – <https://foodservices.utoronto.ca/meal-plans/>

Centre for International Students - <https://internationalexperience.utoronto.ca/>

### **Housing Information**

<https://studentlife.utoronto.ca/department/housing/>

Grad house – <https://gradhouse.utoronto.ca/>

Massey College - <https://www.masseycollege.ca/>