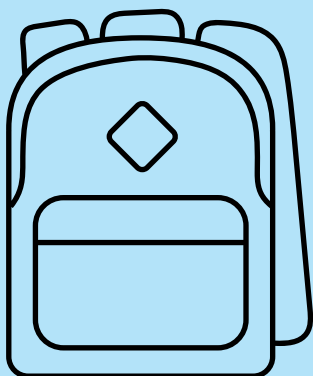


# SSMU



# 4 U

2025  
2026

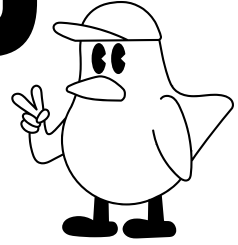


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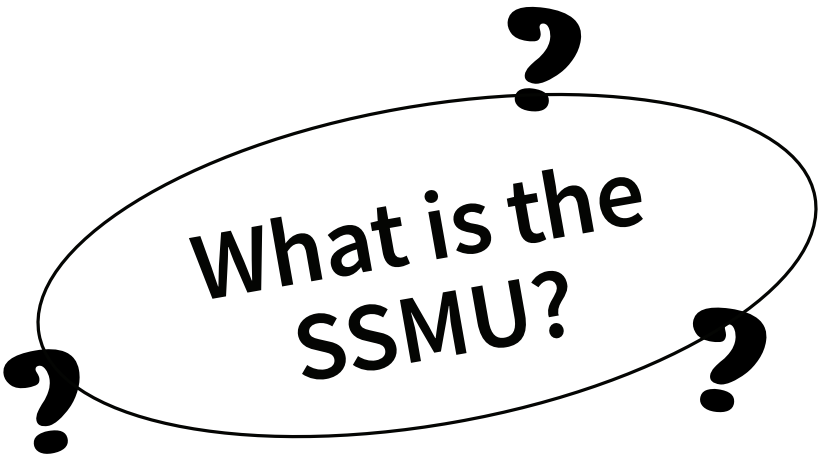
# SSMU4U

## 2025-26



 @ssmu4u

 [ssmu.ca](https://ssmu.ca)



**From the moment you joined McGill, you joined SSMU too!**

We're here to support you throughout your time at McGill and make your university experience as rich, enjoyable, and eventful as possible. Learn more about all the resources available to you!

The SSMU represents and advocates for all McGill undergraduate students as its official student association. We also provide various services, events, resources, and opportunities to help you get involved, stay informed, and feel at home.

## **How SSMU Runs**

At SSMU, student voices aren't just heard — they lead. Most of our decision-makers are elected students working to represent your ideas, concerns, and goals on campus

Curious how it all works behind the scenes?

Visit [ssmu.ca/how-we-run](https://ssmu.ca/how-we-run)

# Your Say, Your SSMU: How to Get In on the Decisions



## Board of Directors

[ssmu.ca/bod](http://ssmu.ca/bod)

The Board of Directors is where the decisions about budgets and legal affairs happen.

Here's how you can dive in:

- **Join a Committee**, which leads campaigns, organizes events, and drives advocacy projects that focus on what matters most to students.
- When vacancies arise, **apply for a position**.

## General Assembly (GA)

[ssmu.ca/ga](http://ssmu.ca/ga)

GAs are open to all SSMU members, your chance to make your voice heard on key issues!

Here's how you can dive in:

- **Show Up!** GAs happen a few times a year. Come, listen, and join the conversation.
- **Submit Motions**. Want to push for change? You can submit motions to have issues officially discussed and voted on.
- **Vote** on motions submitted at the assemblies.

## Executive Committee

[ssmu.ca/organigram](http://ssmu.ca/organigram)

Formed by student leaders representing your voice at McGill. See the executive section to know more about each role.

Here's how you can dive in:

- **Talk to your current SSMU execs!** They're students just like you, and they can share tips on how to get involved.
- **Collaborate with them**. The executives run many initiatives and often have paid or volunteer positions. Keep an eye on our channels.

## Referenda

[ssmu.ca/how-we-run/faq](http://ssmu.ca/how-we-run/faq)

Members can vote on major student initiatives.

Here's how you can dive in:

- **Vote**. When a referendum comes up, make sure you vote!
- Any student can **get a referendum question put on the ballot!** All you need to do is collect 100 signatures from fellow students.

## Elections

[ssmu.ca/how-we-run/elections](http://ssmu.ca/how-we-run/elections)

Elections are your chance to shape who leads the SSMU and represents you

Here's how you can dive in:

- **Be an Informed Voter**. Read candidate platforms, attend debates, and ask questions so you know exactly who and what you're voting for.
- **Vote**. Your vote is essential to shaping democracy on our campus.
- **You can nominate yourself** to represent your fellow students.

## Legislative Council (LC)

[ssmu.ca/lc](http://ssmu.ca/lc)

The Legislative Council is where elected reps from all corners of campus debate, discuss, and vote on issues that matter to students and decide on the direction of the SSMU.

Here's how you can dive in:

- **Identify your SSMU Councillor**, depending on faculty associations, contact them if you need to bring any items for discussion.
- **Attend & Participate**. LC meetings are open to students! You can ask questions, share your opinion during debates, or even submit motions if you want to propose a change.
- **Join a Committee** and support campaigns, events, and advocacy projects on campus.

# Meet your 2025-2026 SSMU Executives



**President**  
Dymetri Q. Taylor

*he/him/il*  
*president@ssmu.ca*

## What do I do at the SSMU?

I represent student interests to make sure your voice is heard and also determine the strategic vision of the society. I also take care of the SSMU's long-term stability, handling the budget, sharing financial updates with you, and managing our insurance plan.

You can contact me if you have any questions about:

- Governance
- Relations between SSMU and McGill administration
- SSMU Financial Information
- Health and dental insurance
- Faculty Relations



**VP Clubs & Services**  
Hamza Abu Alkhair

*he/him/il*  
*studentlife@ssmu.ca*

## What do I do at the SSMU?

I serve as the main contact for internal relations between SSMU and its clubs, services, and independent student groups, and I address issues related to student life on campus.

You can contact me if you have any questions about:

- Student group support
- Sustainability
- Family care

Stay up to date by following the SSMU Student Life Instagram:

*@ssmustudentlife*



**VP  
University  
Affairs**  
Susan Aloudat

*she/her/elle*  
*ua@ssmu.ca*

**What do I do at the SSMU?**

My mandate is to advocate for student interests at nearly all levels of university governance. This includes coordinating student representation on the university Senate and its committees.

You can contact me if you have any questions about:

- McGill policies and student rights questions
- Equity and accessibility resources
- McGill libraries and study spaces improvement
- Menstrual Hygiene Product Project
- Supporting the Gender & Sexuality, Black Affairs, and Indigenous Affairs initiatives.
- Mental Health

Stay up to date with our campaigns by following my Instagram:  
*@ssmuniversityaffairs*



**VP Internal  
Affairs**  
Zeena Zahidah

*she/her/elle*  
*internal@ssmu.ca*

**What do I do at the SSMU?**

I manage communications with the student body through our newsletter, social media, publications, and website. Additionally, I lead initiatives to foster community engagement through inclusive event planning.

You can contact me if you have any questions about:

- Events at the SSMU
- First Year Involvement
- Improving communication at the SSMU
- Alumni engagement
- Francophone Affairs



**VP External  
Affairs**  
Seraphina  
Crema-Black

*she/her/elle*  
*external@ssmu.ca*

**What do I do at the SSMU?**

I coordinate SSMU's relationships with various levels of government, student associations, community groups, and campus labour unions, and I manage political campaigns and mobilization efforts.

You can contact me if you have any questions about:

- Off-campus involvement
- Political campaign organization
- Provincial Relations

Stay up to date with our campaigns by following my Instagram: *@ssmu\_ea*

**SSMU members elect the Executives to represent them and advance the diverse needs of McGill Undergraduate Students. Feel free to contact them! They are here to support you on your student journey!**

# Upcoming Events

## Activities Night

Wed Sep 3 - Thu Sep 4,  
4-8pm

McGill Sports Complex

This once-in-a-semester clubs fair is your chance to see all of the clubs, services and ISGs available for you to get involved in here at McGill!

## SSMU Poster Sale

Sep 15-19, 9am-8pm

University Centre Ballroom

Deck out your space with awesome posters, prints, and artwork.

## Community Engagement Day (CED)

Fri Sep 19, 2-5pm

University Centre, Room 201-203

Learn about volunteer opportunities and how you can get involved in the local Montreal community.

Snacks and refreshments provided!

## SSMU General Assembly

Mon Sep 29, 6pm

University Centre Ballroom

Make your voice heard. Debate, vote, and be part of student democracy.

Stay updated at [ssmu.ca/ga](https://ssmu.ca/ga)

**New at McGill?**

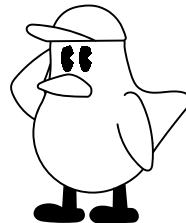
## The First-Year Council's Got Your Back

As a first-year student, you are represented by the **SSMU First Year Council (FYC)**, a student-led body within SSMU that serves as the voice of the first-year class.

They work together to:

- Advocate for first-year interests
- Host first-year events and activities
- Foster community and connections

Want to get more involved? Follow [@ssmufyc](https://www.instagram.com/ssmufyc) on Instagram to stay updated on events and announcements, or come by the SSMU office to get a nomination kit and run to represent your fellow first-years. You can also grab a nomination kit during Discover McGill!



# SSMU4U

We are here to enhance your student experience. SSMU 4 U is a short guide to the resources the SSMU has to offer YOU!

## Academics

### Handbook

Made specially for you! It's both a planner and a guide to McGill and Montreal! Grab your copy at the University Centre (3480 McTavish).

[ssmu.ca/handbook](http://ssmu.ca/handbook)

### SSMU Student Services

Did you know? As a McGill student, you get free access to amazing tools to support your academic and personal success — all provided by SSMU:

- **Grammarly** for English writing support
- **Udemy** for skill-building courses
- **Antidote** for French revision and grammar help
- **Headspace** for meditation and mental well-being

Start using your benefits today! Request access here: [linktr.ee/ssmu](http://linktr.ee/ssmu)

### Open Educational Resources (OER)

OERs are openly-licensed educational materials that are sustainable and cost-effective alternatives to expensive textbooks. Check the list of materials available or nominate a course to be part of the OERs!

[ssmu.ca/oer](http://ssmu.ca/oer)

### Library Improvement Fund (LIF)

The SSMU supports McGill libraries by funding student jobs, extending hours, providing comfy furniture and more! Share your ideas by contacting the LIF Commissioner at [lifc@ssmu.ca](mailto:lifc@ssmu.ca).

## Advocacy

### Student Rights

Need help navigating assessments, accommodations, or student resources? Check out [studentrights.ssmu.ca](http://studentrights.ssmu.ca). If you need someone to advocate for you, your VP University Affairs is just an email away: [ua@ssmu.ca](mailto:ua@ssmu.ca).

- Equity concerns
- Accommodation issues
- Academic complaints
- Questions about McGill

### Legal Protection Plan\*

SSMU members have access to legal consultation with certified lawyers as an extension of your health service [studentcare.ca](http://studentcare.ca). Need quick legal advice? Call our Legal Assistance Hotline anytime.

\* *For Quebec and Canadian Students*

# Health + Wellness

## Menstrual Health

The SSMU provides free menstrual products! Keep an eye on all our giveaway events at [@ssmumenstrualhealth](#)

Menstrual Health Giveaways:

Sep 16, Oct 7, Nov 12, Dec 2

Humanities and Social Sciences Library

## Health & Dental Plan\*

The SSMU Health and Dental Plan helps Canadian students pay for services that are not covered by provincial health care. Coverage runs from **September 1st until August 31st** of the next year. Coverage includes but is not limited to:

- Prescription Drugs
- Health Practitioners
- Mental Health Services
- Dental
- Vision Coverage
- Gender-Affirming Care

Studentcare is becoming ALUMO. Don't worry, it's still the same provider. For all listings of your plan benefits, visit:

[studentcare.ca](#)

*\* For Quebec and Canadian Students*

For International Students, health insurance is provided separately through McGill's mandatory Blue Cross International Student Health Plan. More info:

[mcgill.ca/internationalstudents/health](#)

## Mental Health

The SSMU is committed to providing members of our community with accessible, culturally safe, and inclusive wellness resources that best suit their unique needs.

The SSMU Mental Health includes an up-to-date list of all well-being initiatives to cultivate their well-being during their time at McGill.

[@ssmu\\_mentalhealth](#)

# Supporting your student journey

## Daycare

SSMU offers a full-time daycare on campus, with priority for undergraduate student parents!

Learn more about admission and rates at [daycare.ssmu.ca](#).

## SSMU Food Pantry

A FREE program for our members who are missing basic food necessities due to financial constraints and rising costs due to inflation.

Keep an eye on our IG at [@ssmufoodpantry](#)

## Perks & Deals

SSMU partners with Montreal businesses to bring our members free and discounted food, concert & movie tickets, music festivals and more! Current deals are listed on our website, and bigger tickets will be posted on our IG as giveaways!

[ssmu.ca/perks-deals](#)

## Minicourses

Did you know that SSMU offers affordable extra-curricular courses and workshops to the McGill community? These are super-affordable extracurricular courses run by SSMU! For full class listing and registration, visit:

[minicourses.ssmu.ca](#)

Registration:

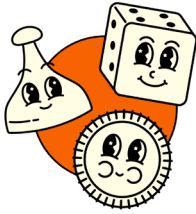
Fall 2025: September 15th — October 3rd

Winter 2026: January 12th — 30th

# SSMU Clubs

Clubs are the social backbone of this University. You should join one. Or two. They're a great way to meet people with similar interests and passions, network, and take a break from the books to do literally anything else. They're a great way to get integrated into the McGill community and are the key to really feeling like you have things all sorted out.

Finding A Student Group: [ssmu.ca/studentgroups](http://ssmu.ca/studentgroups)



## Activities Night

Go to Activities Night to see what wonderful clubs this school has to offer. It is your chance to see all of the clubs, services and ISGs available for you to get involved in here at McGill!

**Wed Sep 3 - Thu Sep 4, 4-8pm**

Lower Field & McGill Sports Complex

**Wed Jan 14 - Thu Jan 15, 4-8pm**

Location TBD

Stay in the loop by following clubs on social media, joining their email lists, or reaching out directly if you're interested or have questions.



## Where to find us

SSMU Office

3501 rue Peel

SSMU's General Office (administrative services) has relocated! Our new office is now located at 3501 Peel Street. Please update your records.

The following departments are now located in Room 110 of the University Centre:

- Student Life Operations (Room bookings & event support)
- Communications

## University Centre

3480 McTavish Street

The Information Kiosk at the University Centre is a great first stop for any inquiries. Feel free to contact the Front Desk at [info@ssmu.ca](mailto:info@ssmu.ca).

# University Centre

The University Centre (UC) is full of common spaces for students, like study spots, a cafeteria and a student lounge (with cozy couches!).

The UC and the SSMU Office are wheelchair accessible, including automatic doors, bathrooms, and elevators. Gender-neutral bathrooms are located on the 2nd and 4th floors.

## Bookable spaces

The SSMU provides affordable spaces for meetings, events, and activities in the University Centre, to support student initiatives. Visit [ssmu.ca/organizing-events](https://ssmu.ca/organizing-events)

Find out what you can find on each floor!

## Second Floor

### Second Floor Sitting Area

Filled with chairs and spacious tables, it's the perfect spot to enjoy a meal or a sip of coffee. This area is also equipped with vending machines and microwaves.

## First Floor



### Gerts Café

@gertscafe

SSMU's Gerts Café is a popular student-run spot on campus, known for its relaxed atmosphere and affordable offerings. Enjoy an affordable lunch or have a drink with your friends after class!

### Student Lounge

Whether you want to dive into your books or relax with friends, this cozy space has you covered. With comfy couches and tables, it's the perfect blend of chill and productive vibes.

### SSMU Kiosk

Do you have any quick questions? An SSMU representative will be able to answer your questions.

## Basement



### Gerts Bar

[gertscampusbar.ca](https://gertscampusbar.ca)

@gertstilithurts

SSMU's Gerts Bar is a vibrant, student-run bar located on campus. You can come for trivia nights, live music and themed parties, among other things.

# SSMU Services

The SSMU operates 17 student-run Services, which provide a wide range of resources and opportunities to the student body. You can use them or volunteer/join!



## Peer Support Centre

**@pscmcgill**

Support sessions with a peer.



## McGill Students' Nightline

**@nightlinemcgill**

You can call (514) 398-6246 or visit their online chat for a listening service at night.



## The Eating Disorder Centre of SSMU

**@ssmueatingdisordercentre**

Resources for eating disorders.



## McGill Student Emergency Response Team (MSERT)

**@msert.mcgill**

Free and accessible first aid service.



## SSMU Walksafe

**@ssmu\_walksafe**

Volunteers walk with students to and from any location.



## SSMU DriveSafe

**@ssmudrivesafe**

Volunteers drive students home safely.



## Sexual Assault Centre of the McGill Students' Society

**@sacomss**

Support for survivors of sexual assault and their allies.



## Flat Bike Collective

**@theflatbikecollective**

Learn how to fix your bike.



## Student Nutrition Accessibility Club (SNAC)

**@snac\_mcgill**

Bring sustainable food and nutrition to McGill.



## The Plate Club

*@theplateclub*

Free dishware rental service.



## Midnight Kitchen

*@midnightkitchencollective*

Dedicated to increasing food accessibility.



## Union for Gender Empowerment (UGE)

*@ugecollective*

Operate an alternative library and co-op, and advocate for social justice.



## Queer McGill

*@queermcgill*

Promote and provide resources to Queerness at McGill and in Montreal.



## TVM: Student Television at McGill

*@tvm.television*

Provide free, basic training for filmmaking, media production, video promotion and event coverage.



## SSMU Musicians Collective

*@ssmu\_musco*

Plan music-based events - e.g. live music and lessons.



## Black Students' Network

*@bsnmcgill*

Address the needs and interests of Black students.



## Arab Student Network

*@asnmcgill*

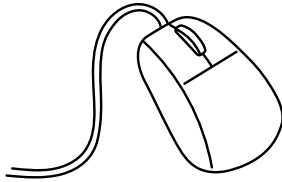
Represent the Arab population and introduce Arab culture to the McGill and Montreal community.



## Muslim Students' Association

*@msamcgill*

Facilitate the spiritual and social growth of McGill's Muslim community.



## Keep up with us!

Follow us to stay in the loop.  
Stay informed with weekly SSMU emails!



@ssmucaeum



ssmu.ca



info@ssmu.ca



linktr.ee/ssmu



@ssmu\_ea



@ssmuuniversityaffairs



@ssmustudentlife



# SSMUAÉUM



**AÉUM  
SSMU**

**Questions?**

Come and visit anytime from 9 a.m. to 5 p.m.,  
Monday to Friday.

**Office**

3501 Peel

**Information Kiosk**

3480 McTavish