



AÉUM
SSMU

SSMU 4 U

2026-2027



@ssmuaeum



ssmu.ca



**Association étudiante
de l'Université McGill**
**Students' Society of McGill
University**

Office | **3501 Peel**
Information Kiosk | **3480 McTavish**

Keep up
with us!



[@ssmu](#)
[aeum](#)
[@ssmu_ea](#)
[@ssmuniversityaffairs](#)
[@ssmustudentlife](#)



info@ssmu.ca



linktr.ee/ssmu



ssmu.ca



TikTok

[@studentsocietyof
mcgill](#)

What is the SSMU ?

From the moment you joined McGill, you became part of 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.

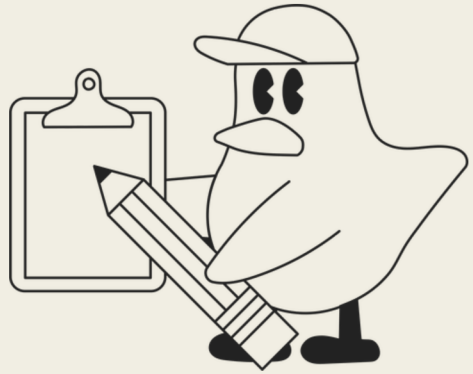


How Does SSMU Run?



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



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



Governing Bodies

ssmu.ca/governing-bodies

Here's how
you can dive
in:

Board of Directors

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

Legislative Council (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.

01 **Identify your SSMU Councillor**

of your faculty association, and contact them if you need to bring any items for discussion.

02 **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.

03 **Join A Committee**

and support campaigns, events, and advocacy projects on campus.



General Assembly (GA)

ssmu.ca/ga

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

Executive Committee

ssmu.ca/organigram

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

01 **Talk to your current SSMU Execs**

They're students just like you, and they can share tips on getting involved.

02 **Collaborate with them**

The executives run many initiatives and often have paid or volunteer positions. Keep an eye on our channels.

01 **Show Up!**

GAs happen a few times a year. Come, listen, and join the conversation.

02 **Submit Motions**

Want to push for change? You can submit motions to have issues officially discussed and voted on.

03 **Vote**

on motions submitted at the assemblies.

Elections

ssmu.ca/elections

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

Referenda

Members can vote on major student initiatives.

- 
- 01 You can nominate yourself to represent your fellow students.
 - 02 Be an Informed Voter. Read candidate platforms, attend debates, and ask questions so you know exactly who you're voting for.
 - 03 Any student can get a referendum question put on the ballot! All you need to do is collect 100 signatures from fellow students.
 - 04 Vote. Your vote is essential to shaping democracy on our campus.

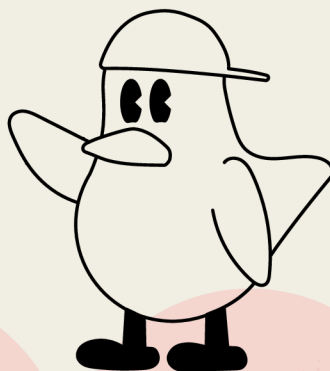
Meet your

2026–2027

SSMU Executives

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!





President

president@ssmu.ca

Hamza Abu-Alkhair (he/him)

You can contact me if you have any questions about:

- Governance
- Relations between SSMU and McGill administration
- Faculty Relations

VP Clubs and Services

studentlife@ssmu.ca

Acadia Knickerbocker

(she/her)

You can contact me if you have any questions about:

- Student group support
- Family care



VP External Affairs

external@ssmu.ca

Harry Wang

(he/him)

You can contact me if you have any questions about:

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





VP University Affairs

ua@ssmu.ca

Meghan Lai
(she/her/elle)

You can contact me if you have any questions about:

- McGill policies and student rights
- Equity, accessibility, mental health
- McGill libraries and study spaces
- Menstrual Health Project

VP Internal Affairs

internal@ssmu.ca

Maggie Tang
(she/her)

You can contact me if you have any questions about:

- Event planning committee
- First Year Involvement
- Communications
- Alumni engagement
- Sustainability

(Shoot us a dm on IG
[@sspnsamu](https://www.instagram.com/sspnsamu))



VP Finance

finance@ssmu.ca

You can contact me if you have any questions about:

- SSMU Financial Information
- Health and dental insurance





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 the 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?
Run for a position on the FYC!



Nominate yourself

August 31 -
September 14
using the
Nomination kit.



Candidates' Meeting

September 16



Vote

September 21 -
October 2

Follow [@ssmufyc](#) on Instagram to stay updated on events and announcements.

Upcoming Events

FREE Entry!

Activities Night →

Sep 16 - Sep 17 | 4-8pm
University Centre

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!

linktr.ee/activitiesnight

SSMU Poster Sale

Sep 21- 25 | 9am- 8pm
(Friday the event finishes at 5 pm)
University Centre

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

Community Engagement Day (CED)

Sep 24 | 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

Sep 28 | 6:00pm
University Centre

Make your voice heard. Debate, vote, and be part of student democracy. Stay updated at ssmu.ca/ga

SSMU 4 U

We are here to enhance your student experience. SSMU 4 U is a short guide to the **resources SSMU offers 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

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
- Udemy
- Antidote
- Headspace

ssmu.ca/support-services

Open Educational Resources

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

Library Improvement Fund

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.



Advocacy

Student Rights

Check out studentrights.ssmu.ca. If you need someone to advocate for you, your VP University Affairs is just an email away: 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 alumo.ca.

Need quick legal advice?
Call our Legal Assistance Hotline anytime.

** For Quebec and Canadian*

Students



Health + Wellness

Menstrual Health Project

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

Menstrual Health Giveaways

University Centre (3480 McTavish)
1st Floor, in front of the Gerts Café, for the Fall semester.

Sept 18 | 11:30 am -1:30 pm

Oct 22 | 12:30 pm -2:30 pm

Nov 17 | 11:30 am -1:30 pm

Dec 2 | 10:30 am -12:30 pm



Health + Wellness

Health & Dental Plan – ALUMO

The SSMU Health and Dental Plan helps Canadian students pay for services that are not covered by provincial health care. Coverage runs from **Sept 1st - Aug 31st** of the next year.

Coverage includes but is not limited to:

- Prescription Drugs
- Health Practitioners
- Mental Health Services
- Dental
- Vision Coverage

Students can opt out of the SSMU Health & Dental plan on the alumo.ca website.

The opt-out period runs from **Aug 12 to Sep 28, 2026.**

If you start in the Winter semester, you won't be automatically enrolled – you can enroll from **January 2nd to the 19th** by contacting ALUMO.

** 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/international_students/health

Mental Health

The SSMU Mental Health is committed to providing members of our community with inclusive wellness resources that best suit their unique needs during their time at McGill.

More information at
[@ssmu_mentalhealth](https://twitter.com/ssmu_mentalhealth)

Supporting your student journey

SSMU Free Lunch Program

Created to support students experiencing food insecurity, free meals are distributed on a first-come, first-served basis while supplies last.

Tuesday- Thursday | 12:30pm to 2:30pm

Univeristy Centre (3480 McTavish, local 109)

Starting Sept 8, 2026

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

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 inflation costs. Keep an eye on our IG at [@ssmufoodpantry](https://www.instagram.com/ssmufoodpantry).

SSMU Clubs

Clubs are the social backbone of this University. You should join one. Or two.

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

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!

- Sep 16 - 17 | 4-8 pm
 - Jan 26- 27 | 4-8 pm
- University Centre

Tip: 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.



Peer Support Centre

 [@pscmcgill](https://www.instagram.com/pscmcgill)

Support sessions with a peer.

McGill Students' Nightline

 [@nightlinemcgill](https://www.instagram.com/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](https://www.instagram.com/ssmueatingdisordercentre)

Resources for eating disorders.

Walksafe

 [@ssmu_walksafe](https://www.instagram.com/ssmu_walksafe)

Volunteers walk with students to and from any location.

DriveSafe

 [@ssmudrivesafe](https://www.instagram.com/ssmudrivesafe)

Volunteers drive students home safely.

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!

Sexual Assault Centre of the McGill Students' Society

 [@sacomss](https://www.instagram.com/sacomss)

Support for survivors of sexual assault and their allies.

McGill Student Emergency Response Team

 [@msert.mcgill](https://www.instagram.com/msert.mcgill)

Free and accessible first aid service.

Flat Bike Collective

 [@theflatbikecollective](https://www.instagram.com/theflatbikecollective)

Learn how to fix your bike.

SSMU Services

SSMU Musicians Collective

 [@ssmu_musco](https://www.instagram.com/ssmu_musco)

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

Arab Student Network

 [@asnmcgill](https://www.instagram.com/asnmcgill)

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

The Plate Club

 [@theplateclub](https://www.instagram.com/theplateclub)

Free dishware rental service.

Student Nutrition Accessibility Club

 [@snac_mcgill](https://www.instagram.com/snac_mcgill)

Bring sustainable food and
nutrition to McGill.

Queer McGill

 [@queermcgill](https://www.instagram.com/queermcgill)

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

Union for Gender Empowerment

 [@ugecollective](https://www.instagram.com/ugecollective)

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

TVM: Student Television at McGill

 [@tvm.television](https://www.instagram.com/tvm.television)

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

Black Students' Network

 [@bsnmcgill](https://www.instagram.com/bsnmcgill)

Address the needs and
interests of Black students.

Muslim Students' Association

 [msamcgill](https://www.instagram.com/msamcgill)

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

Where to find us

University Centre 3480 McTavish

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

The **Information Kiosk** at the University Centre is a great first stop for any inquiries.

The UC and the SSMU Office are wheelchair-accessible, with automatic doors, bathrooms, and elevators.

Gender-neutral bathrooms are located on most of the floors.

Here!

SSMU Office 3501 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



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 grab coffee on your way to class!

SSMU Kiosk

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



Basement



Gerts Bar

[gertscampusbar.ssmu.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.



First Floor

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.



Second Floor

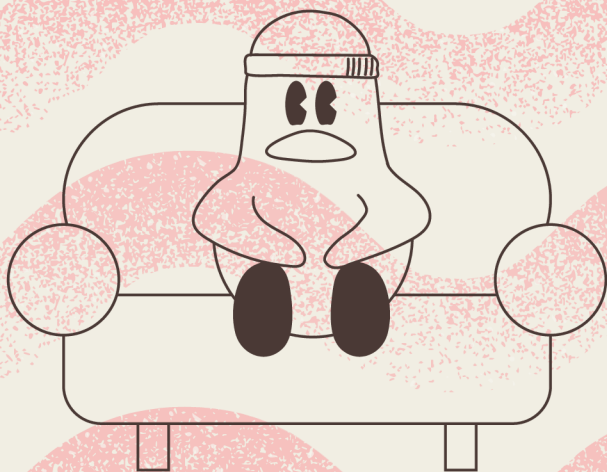
Sitting Area

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.

Bookable Spaces

The SSMU provides affordable spaces for meetings, events, and activities in the University Centre to support student initiatives.

ssmu.ca/organizing-events







**AÉUM
SSMU**

SSMU 4 U

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Questions?

Come and visit anytime from
9am to 5pm, Monday to Friday.

Office
Information Kiosk
3480 McTavish



@ssmuaeum



ssmu.ca