

DIALOG

SENECA POLYTECHNIC HEALTH & WELLNESS
CENTRE

A Catalyst for Connection, Healing, and Wellbeing

Higher Education, Sports & Recreation



LOCATION

Toronto, ON

CLIENT

Seneca Polytechnic

COMPLETION

2028

COLLABORATORS

Two Row Architect

SpecTech

DIALOG SERVICES

Architecture

Interior Design

Landscape Architecture

Structural Engineering

Mechanical Engineering

Electrical Engineering

Sustainability Consulting

The Seneca Polytechnic Health & Wellness Centre is envisioned as a holistic hub for campus life that expands the idea of wellness beyond physical fitness to include mental, emotional, and spiritual wellbeing.

Conceived as a place of “doing, being, and becoming,” it supports a wide range of activities, from sport and recreation to reflection, socializing, and ceremony, making wellness an inclusive, everyday experience. Inspired by the Medicine Wheel, the project seeks balance between body, mind, heart, and spirit, offering spaces for both movement and rest, and encouraging cycles of learning, growth, and sharing. Drumming and gathering at the heart of the building establish a symbolic “heartbeat” that connects people, culture, and purpose.

The design is organized around a central ceremonial courtyard, from which concentric rings structure a mix of programs including a 1,000-seat event venue, gyms, fitness and therapy spaces, and student lounges and kitchens that foster community and belonging. Indigenous values of stewardship, inclusivity, and respect for the land guide the building’s form and siting. The radial grid aligns with the cardinal directions and acknowledges the buried path of Duncan Creek, while native and medicinal plantings express the Seven Grandparent Teachings and root the project in its landscape. Cultural knowledge gathered through dialogue and Talking Circles informs the building’s materials and spatial language, embedding meaning and narrative throughout.

Sustainability is integral to the vision, with mass timber, geothermal systems, solar energy, rainwater harvesting, and green roofs supporting a net-zero carbon goal aligned with Seventh-Generation principles. Ultimately, the centre is imagined as a landmark of reconciliation and inclusivity. More than a building, it is a catalyst for connection, healing, and long-term wellbeing for the campus community and future generations.