Upcoming Events and Important Info at the Wellness Center

**Mindful Mondays**
Every Monday, join us for a pause to practice mindfulness. Each week has a new theme and activity!
- 12-1pm Group
- 1-5pm Self-Led
SURC 256

**Healthy Relationships Fair**
Oct. 15 3pm-6pm
ASPEN Parking Lot
Free games, information & resources for healthy relationships and violence prevention

**We've Moved!**
Come see our new and improved space!
SURC 2nd floor - Suite 256
Mon-Fri : 8am - 5pm

**Contact Us:**
Phone: 509-963-3213
Email: wellness@cwu.edu
Hours: 8am-5pm

The Wellness Center offers education and promotion around positive health behaviors. We address mental health awareness, substance misuse prevention, and violence prevention and response.

We are a proud partner of the Division of Health and Wellness, where the 9 Dimensions of Wellness are a focus of student life:

- Physical
- Environmental
- Occupational
- Spiritual
- Emotional
- Intellectual
- Financial
- Cultural
- Social

Brought to you by: CWU Wellness Center
FINANCIAL & BASIC NEEDS:

FINANCIAL AID
509-963-1611
FINANCIALAID@cwu.edu

STUDENT HEALTH SERVICES
509-963-1881

CWU PUSH PANTRY
509-963-1585
katherine.doughty@cwu.edu
Now centrally located in Brooks Library!
(They can assist with any food insecurities, food donations, etc.)

HOUSING AND RESIDENCE LIFE
509-963-1831
HOUSING@cwu.edu

DINING SERVICES
509-963-1591
DINING@cwu.edu

CASE MANAGEMENT
509-963-1515
DEANSTUDENTSUCCESS@cwu.edu

FAMILY RESOURCE CENTER
509-963-2758
amy.claridge@cwu.edu

ACADEMIC SUPPORT:

REGISTRAR SERVICES
509-963-3001
REG@cwu.edu

CWU DISABILITY SERVICES
509-963-2587
DS@cwu.edu

ACADEMIC SUCCESS CENTER
509-963-5163
tutoring@cwu.edu
(They offer online and in-person tutoring and academic support for ALL students)

INFORMATION TECHNOLOGY
509-963-2001
SERVICEDESK@cwu.edu

FIRST YEAR ADVISING
509-963-2722
EXPLORATORY@cwu.edu

TRIO SUPPORT SERVICES
509-963-2026
TRIOSSS@cwu.edu

TRANSFER ADVISING
509-963-1390
TRANSFER@cwu.edu

CAREER SERVICES
509-963-1921
CAREER@cwu.edu

SOCIAL & EMOTIONAL SUPPORT:

VETERAN'S AFFAIRS
509-963-3041
VA@cwu.edu

DIVERSITY & EQUITY CENTER (DEC)
509-963-2127
DIVERSITY@cwu.edu
(They provide space, events, etc. to support students and their identities)

STUDENT COUNSELING SERVICES
509-963-1391
COUNSELING@cwu.edu
Email is not for crisis needs, please allow up to 2 business days for response

WILDCATCARE 365
http://www.wildcatcare365.com/
Log in using your MyCWU login information

WELLNESS CENTER & PATH
509-963-3213
WELLNESS@cwu.edu

CWU RECREATION
509-963-3512
Located inside the Student Union & Recreation Center (SURC)

STUDENT LEADERSHIP, INCLUSION & COMMUNITY ENGAGEMENT (SLICE)
509-963-1850
ASSOCIATED STUDENTS OF CWU (STUDENT GOVERNMENT)
cwu.edu/ASCWU