

Wildcat Wellness

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Wildcat Winter

Welcome back to our wintry campus, Wildcats! The halls have been cold and quiet without you here.

As winter quarter begins, so does our transition to shorter, colder days. [The Wellness Center](#) understands that you may have to find a new routine to maintain your health and wellness. Take a look at the following resources available to you!

Recreation Center- Fitness on Demand app is free for students and offers more than 400 on-demand, digital workouts, trainer led classes, stretches and other specialty content to you wherever you are!

Brooks Library- Did you know that you can checkout a UV Light Therapy Box for up to 4 hours with your Connection card? Did you know that Brooks Library was hosting several events for mental health and resiliency this quarter? Check out the calendar below!

Wellness Center- Join us on Feb. 9 for Fresh Check Day! Come by the SURC to see all of your favorite CWU organizations and groups prioritizing mental health with their services.

Wildcatcare365- Free for students and available 24/7! Just use your CWU username and you have unlimited access to mental health counselors, medical appointments, and even recorded yoga classes! Students can access the service using a free smartphone app (TimelyCare) or through an online portal called <http://www.wildcatcare365.com/>.

Wildcat Wellness

January is...

January is Stalking Awareness Month. Join the Wellness Center's **PATH services** as we learn how to better support survivors. This month we will take time to learn how to recognize and respond to incidents of stalking, as well as consider why stalking is often underreported or minimized. For more information, follow PATH on Facebook at @cwuPATH and Instagram at @cwu_path.

If you would like to schedule a confidential meeting with PATH, please email PATH@cwu.edu. Please note that email is not a secure or confidential form of communication- this should be used for general inquiries and scheduling appointments only.



CWU Resources for Students

CWU's Wellness Center is aware of the impact that opioid and other drug related overdoses are having on the students, faculty, and staff. Here are some resources currently offered to our campus:

- **L.E.A.D. Recovery**- support group meetings for students in recovery or those impacted by someone else's substance use. Held Tuesdays from 4-5pm in the Wellness Center
- **Naloxone**- provided by [Student Health Services](#) on campus and offered at multiple locations in Ellensburg for community use

Campus Activities Calendar

These on campus activities are free for students and offer substance free spaces. You can find the full calendar on [Presence](#):

- **Monday Movie Madness**- every Monday during winter quarter in SURC Theatre (Room 210) with showings at 7pm & 9:30pm
- **Break the Stigma: BIPOC Mental Health Panel**- De-stigmatize mental health topics and discover resources on campus! Jan 28, 2022 in SURC 137 from 4-6pm
- **CWUP Late Week**: Join us for a full week of late night activities January 31- February 5! Special showings of movies, entertainers, Geek out/ Game Out, and Squid Games tournament!
- **Fresh Check Day**- Feb 9 from 12-4pm in the SURC
- **VDay Soiree: Dancakes & Speed Dating**- "speed date" to make new Wildcat friends with us on Feb 12 at 7pm in the SURC Ballroom
- **Parade of Nations**- Discounted and disregarded students are taking space and demanding "Watch Us Rise"- hosted by DEC on Feb 17 in the SURC Ballrooms, beginning at 5:30pm
- **Processing Traumatic Events**- Join the Library as they host a panel to talk about Community Resilience and Change. March 2 from 12-1:30pm in Library Student Commons

CWU Policy Reminders

CWU is committed to preventing all forms of sexual assault, sexual violence, or sexual misconduct and to providing accessible, responsive services for dealing with such offenses. Sexual misconduct on the part of any member of the university community is clearly inconsistent with CWU values. It is also considered a form of sexual harassment in violation of university policies and corresponding procedures, including, but not limited to: Title IX: Discrimination and the Basis of Sex and Sexual Misconduct (CWUP 2-35-015), Sexual Harassment (CWUP 2-35-050), Gender Equity (CWUP 2-35-060), Equal Opportunity and Nondiscrimination (WAC 106-72-004), and CWU Student Conduct Code (WAC 106-125), as well as a violation of state and federal law.

- **[CWUP 8-40-050 Student Sexual Assault Response](#)**
 - **[CWUR 3-45-060 Sexual Harassment](#)**
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