Monthly Wellness Newsletter

Brought to you by the WELL Committee

UPCOMING & ONGOING VIRTUAL WAYS TO CONNECT:

- **Post-Election Student De-briefing sessions** – hosted by Ministry:
  Wednesday, Nov. 11 – 3-4pm – [Zoom Registration](#)
- **Weekly Zoom Guided Meditation** – hosted by Ministry:
  Tuesdays, 8:30-8:50am - [Zoom](#)
- **Emotional Intelligence in Leadership webinar**
  Wednesday, Nov 11, 7:00 AM – [Zoom Registration](#)
- **Let’s Talk: Privilege, Racism and Collective Healing webinar** – hosted by White Coats for Black Lives student group
  Monday, Nov. 23, 2020, 11:30am-1:00pm - Register Here
  Tandra Rutledge, Director, Business Development, Riveredge Hospital
  Board of Directors for the Illinois Chapter of the American Foundation for Suicide Prevention
- **WEIRD Workshop: Wellness, Emotional Intelligence and Resilience Development** – hosted by the student SWAG Board and Dr. Ramzan Shahid.
  Monday, Nov. 30, 6-7pm - Zoom Meeting ID: 890 8518 7354; Passcode: SWAG

Have a wellness event to add to the calendar? Add it [here](#) and tag Stritch Wellness!

Ways you can ALWAYS Connect with Faculty and Resources when needed:

SSOM Wellness Website: [https://ssom.luc.edu/wellness/](https://ssom.luc.edu/wellness/)
Perspectives Counseling Services: [https://ssom.luc.edu/wellness/counseling/](https://ssom.luc.edu/wellness/counseling/)
  - [https://www.perspectivesltd.com](https://www.perspectivesltd.com) and enter LUC500 for your User ID and “perspectives” (without quotes) for the password
  - 1-800-456-6327
Student Affairs: [https://ssom.luc.edu/student-affairs/aboutus/meettheteam/](https://ssom.luc.edu/student-affairs/aboutus/meettheteam/) (staff contact info)
Ministry: [https://hsd.luc.edu/ministry/about-us/](https://hsd.luc.edu/ministry/about-us/) (staff contact info)
Academic Center for Excellence & Accessibility (ACE): [https://ssom.luc.edu/ace/aboutus/](https://ssom.luc.edu/ace/aboutus/) (office contact info) – tutoring, STEP prep, academic support
Office of Diversity, Equity, & Inclusion: [https://ssom.luc.edu/diversity/index.html](https://ssom.luc.edu/diversity/index.html)
Financial Aid: [https://ssom.luc.edu/finaid](https://ssom.luc.edu/finaid)

Have ideas or feedback for us? Fill out this [FORM](#)