



LOYOLA WELLNESS CENTER

Get Well | Be Well | Stay Well

WELLNESS FAIR VIRTUAL CONFERENCE

2020 Resource Booklet

Loyola Resources

The Body Project

<https://www.luc.edu/wellness/healthpromotion/getinvolved/bodyprojectfags/>

Students who participate in the Body Project learn the importance of self-care and are more likely to have a healthier attitude towards their body and practice healthier behaviors around eating.

Campus Ministry

<https://www.luc.edu/campusministry/index.shtml>

Rooted in Loyola's Catholic identity and Ignatian tradition, Campus Ministry invites students to reflect on their relationships with themselves, God, and others as they discern an ongoing response of commitment, conscience, and compassion. Campus Ministry attends to the spiritual and religious needs of LUC students of all faith traditions.

Center for Student Assistance & Advocacy

www.luc.edu/csaa

The Center for Students Assistance and Advocacy is led by the Office of the Dean of Students to provide resources and support to students in distress.

CHANGE

<https://www.luc.edu/coalition/about/change/>

CHANGE is a sponsored student organization in collaboration with the Wellness Center. CHANGE's mission is to create inclusive and critical spaces to challenge norms, further prevention, and empower survivors of gender-based violence.

Community Service and Action

<https://www.luc.edu/serve/>

Community Service and Action (CSA) serves the diverse Loyola and local communities by fostering mutually beneficial partnerships designed to support neighbors in need. The CSA team of student leaders and staff members is eager to connect with you as we strive to bridge the campus and the community.

Loyola University Libraries

<http://libraries.luc.edu/>

The Loyola University Libraries facilitate the pursuit of knowledge and creativity through user-focused services and collections in an inviting, collaborative, and innovative learning environment.

Student Accessibility Center (SAC)

<https://www.luc.edu/sac/>

The Student Accessibility Center's mission is to support, service, and empower Loyola University Chicago students with disabilities. SAC is committed to providing support for students with disabilities through innovative services, programs, and partnerships. SAC leads the campus community in its commitments to recognize disability as a valued aspect of diversity, to embrace access as a matter of social justice, and to design more welcoming and inclusive environments. If individuals encounter academic, physical, technology, or other barriers on campus, SAC staff is available to help implement reasonable accommodations or partner to find good solutions.

In order to receive academic, meal plan, or housing accommodations, students must be registered with SAC. All requests for accommodations are determined on a case-by-case basis by SAC Staff. Students can register with SAC at any point during their academic career, but we strongly recommend that this process begin as early as possible as accommodations are not retroactive. For more registration information, please visit www.luc.edu/sac/registerwithSAC

Student Diversity & Multicultural Affairs

<https://www.luc.edu/diversity/>

The Department of Student Diversity & Multicultural Affairs (SDMA) strives to be the preeminent Ignatian model of social justice education and multicultural student success. Through facilitating intentional reflection of the intersections of identities and critical social analysis of systems of privilege and oppression, SDMA seeks to enhance the experience of all members of the Loyola community by cultivating culturally competent agents of social change.

Student Government of Loyola Chicago (SGLC)

<https://www.luc.edu/sglc/>

The Student Government of Loyola Chicago works to voice the concerns of the student body by acting as an instrument of change and advocacy. SGLC provides an open forum for students to collaborate with faculty and administration to improve the Loyola experience. As an organization, we have worked on several initiatives advocating for the emotional, physical, social, environmental, and spiritual well-being of the undergraduate student body. If you have any questions, concerns, or ideas, please feel free to send us an email!

Wellness Advocates

<https://www.luc.edu/wellness/healthpromotion/getinvolved/advocates/>

The Wellness Advocates are a team of volunteer, peer health educators dedicated to helping students achieve optimal health and well-being. Wellness Advocates raise awareness of current college health issues and promote healthy lifestyle choices among all students through creative and interactive education programs, advocacy, and leadership. Their efforts enhance a healthy campus culture and encourage individual responsibility for personal and community wellness.

Wellness Center

www.luc.edu/wellness

The Wellness Center provides high quality interdisciplinary medical, mental health, and health promotion services that enable our diverse student population to more fully participate and succeed in the college experience. By enhancing health and wellness, within the context of a Jesuit Catholic institution, each student is empowered to take responsibility for self care by making informed lifestyle choices that contribute to their own success and to the well-being of the community.

Women and Leadership Archives

<https://www.luc.edu/wla/stories/archive/wlacolorourcollections.shtml>

The Women and Leadership Archives (WLA) collects, preserves, and makes available permanently valuable records of women and women's organizations, which document women's lives, roles, and contributions. As a part of Color Our Collections, the WLA created coloring books using images from our collections.

Community Resources

Apna Ghar, Inc.

<http://www.apnaghar.org/>

Apna Ghar, Inc is a nonprofit addressing gender-based violence committed against immigrants, refugees, and other marginalized communities in the Chicago area. We provide a comprehensive array of services to survivors, conduct education and training on the issue and on how to best serve survivors, and advocacy to improve the various systems that survivors have to access (legal, healthcare, human services, criminal justice, etc.).

Athletico Physical Therapy

<https://www.athletico.com/locations/Rogers-Park-Loyola/>

Athletico Physical Therapy provides individualized treatment plans that focus on eliminating pain and reducing the risk of future injuries. Physical therapists are able to provide well-rounded treatment approaches to manage orthopedic injuries, including neck and back pain, muscle strains and sprains, as well as other conditions.

Be Yoga Andersonville

<https://www.hotyogachicago.com/>

info@hotyogachicago.com

Our mission is to teach students of all abilities, ages and conditions to create positive change, body, mind, soul in a welcoming and supportive space.

Center on Halsted: Anti Violence Project

<https://www.centeronhalsted.org/AVP.html>

The Anti-Violence Project (AVP) at the Center on Halsted empowers lesbian, gay, bisexual, transgender, queer, and HIV-affected communities and allies to end all forms of violence through organizing and education, and supports survivors through counseling and advocacy.

Chicago Women's Health Center

<http://www.chicagowomenshealthcenter.org/>

Chicago Women's Health Center facilitates the empowerment of women, trans people, and young people by providing access to health care and health education in a respectful environment where people pay what they can afford. CWHC provides care and services that people in Chicago need, but often cannot find anywhere else. Since we opened our doors in 1975, CWHC's programs have been shaped by our clients' needs for accessible, high quality health care. We provide services to more than 6,000 clients through our programs annually.

Greenlight Counseling

<https://greenlightfamilyservices.org/services/counseling>

Greenlight Counseling, a program of Greenlight Family Services, exists to help survivors achieve healing and wholeness and to create a world in which a person's life is not defined by the devastating experience of sexual assault. Greenlight provides counseling, advocacy, and other services to the survivors of campus sexual assault. It is Greenlight's goal to provide high-quality, long-term counseling at no charge to the client.

Lurie Children's Hospital

<https://www.luriechildrens.org/en/specialties-conditions/hiv-sti-screening/>

We provide free HIV and STI testing as well as referrals and PrEP navigation onsite and at outreach events for interested individuals

Puerto Rican Cultural Center - Trans Health Initiatives

<https://prcc-chgo.org/>

The Trans Chicago Program engages the trans umbrella community through a safe, cultural affirming, informative, and trans-umbrella oriented environment. Moreover, Trans Chicago provides a platform to amplify a unified voice of the Chicago Trans Umbrella community. The program delivers access to quality and competent health care for transgender Latinx and African-American youth between the ages of 13 and 29. The program ensures access to comprehensive HIV prevention and treatment services. While the Trans Chicago program highlights service to this historically vulnerable demographic, it does not limit its provision of services to only those who identify under the trans umbrella. The program links individuals to HIV and STI's screening, housing information, PrEP Referrals/PEP Linkage, behavioral mental health services, evidence-based interventions, insurance navigation, gas and electricity support, food bank, hormones treatment, linkage to substance use/abuse counseling, medical case management, employment, continuing education, and child care services.

National Headache Foundation

<https://headaches.org/>

Founded in 1970, the National Headache Foundation (NHF) is the oldest and largest foundation serving individuals living with migraine disease and headache disorders. The NHF is the premier educational and informational resource for those in the headache community, health care professionals, and the public. The Foundation is dedicated to educating and encouraging the 40 million Americans with migraine and chronic headaches to become self-advocates with their healthcare practitioners, insurers, employers, and families..

National Ovarian Cancer Coalition, Illinois Chapter (NOCC)

<http://ovarian.org/connect/find-a-local-chapter/illinois>

The NOCC is a national health organization committed to saving lives by fighting tirelessly to prevent and cure ovarian cancer and to improve the quality of life for survivors. Our work is centered in four areas, earlier awareness, community outreach, research and quality of life, which focuses our efforts on our vision - to live in a world where no one ever loses a life to ovarian cancer.

NovaCare Rehabilitation

<https://www.novacare.com/contact/find-a-location/il/chicago/rogers-park-loyola-university/>

At NovaCare Rehabilitation, our experienced clinical team will design an individualized plan of care that aligns with your specific goals in mind. Through experience, advanced clinical training and clear communication with our patients, our therapy team will give you the advantage in recovery. We are proud to be part of the community and are committed to providing each patient with an exceptional experience that promotes healing and recovery in a safe, compassionate environment. Call or request an appointment and experience the power of physical therapy today.

Reiki Brigade

herestherub@gate.net

<http://www.heather-mccutcheon.com/reiki-brigade>

The mission of the Reiki Brigade is to raise awareness and availability of the benefits of reiki energy healing by offering hands on experiences and presentations. Since 2011 the Reiki Brigade has offered more than 5,200, ten-minute reiki demos to Chicago police officers, homeless veterans, medical students, incarcerated individuals, survivors of domestic violence, and attendees of trade shows and wellness events..

Resilience

<https://www.ourresilience.org/>

Resilience is one of Chicago's oldest and farthest reaching support agencies for survivors of sexual violence. We provide medical and legal advocacy, group and individual trauma therapy and prevention and education services all free of charge to survivors and their loved ones.