

# 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/>

Perspectives Counseling Services: <https://ssom.luc.edu/wellness/counseling/>

- <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/> (staff contact info)

**Ministry:** <https://hsd.luc.edu/ministry/about-us/> (staff contact info)

**Academic Center for Excellence & Accessibility (ACE):** <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>

**Financial Aid:** <https://ssom.luc.edu/finaid>

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