

## Support at The Well – Spring 2017

[www.thewell.vcu.edu](http://www.thewell.vcu.edu)

[Check The Well's Event Calendar at bottom of homepage](#)

**FREE walk-in HIV testing event** – 11am to 3pm in MPC Commons on 3/29/17

**STRESS & MINDFULNESS SKILLS** – The Well's healthy living, mindfulness page has tons of [resources](#).

Mindfulness/stress management drop-in sessions every Thurs at 3pm.

### **SUBSTANCE ISSUES & SUPPORT**

**Ambivalent about your use of alcohol, cannabis or other substances? Legal issues?**

Email [ucspathways@vcu.edu](mailto:ucspathways@vcu.edu). No pressure! We support [harm reduction](#) and offer individual sessions.

**More serious about recovery?** Email [recovery@vcu.edu](mailto:recovery@vcu.edu).

**13 different events weekly:** <http://www.thewell.vcu.edu/recovery-support/campus-recovery-events/>

And...a **Recovery Skills Group** (partnership program with UCS): email [recovery@vcu.edu](mailto:recovery@vcu.edu) to join.

### **SEXUALITY ISSUES SUPPORT**

Survivor Solidarity Hour – Tues at 12:30pm

Transgender Support Group – Tues at 10:30am

Relationship Skills Class – email [myoptions@vcu.edu](mailto:myoptions@vcu.edu) or subscribe to a monthly self-care [newsletter](#).

Other support options:

University Counseling Center offers a weekly [Rainbow Group](#)

OMSA offers many LGBTQIA+ [support resources](#)

### **MILITARY STUDENT SUPPORT**

Student Veteran Space (partnership program with Military Student Services) – Tues 4-5pm drop-in sessions