

Installments

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THE NUMBER TWO NEWS SOURCE AT WAKE

AUGUST



JOIN CLUB SPORTS

Are you trying to find a Club to join that can provide a chance to build lifelong friendships, expand leadership skills, and represent the Wake community?

Well, look no further-come join Club Sports. Each club seeks to foster exciting athletic experiences and leadership opportunities that are both fulfilling and fun.

It's a healthy way to win on

and off the field while gaining team-oriented leadership skills that can pave the path to a successful future.



View opportunities



TIMELYCARE APP FOR VIRTUAL SUPPORT

You now have more access than ever to professional mental health support. The TimelyCare app allows you to connect with a mental health professional in just a few minutes, or schedule counseling sessions with a licensed therapist.

This service is FREE for all Reynolda Campus students. Downloading the app before you need it is a great way to limit barriers when you really need to talk to someone.

In just a few minutes, you will download the app, sign in, and fill out some info that allows you to be treated.

TimelyCare offers several different services, including: - TalkNow - Scheduled Counseling sessions - Health coaching - Yoga & meditation sessions.



Learn more



ENROLL IN WELLBEING COACHING

The Office of Wellbeing is now enrolling for our Wellbeing Coaching program, which is free for students, staff, and faculty!

Clients will work one-on-one with a certified coach to identify their individual health and wellbeing goals, and then co-create a plan to achieve those goals and make them stick.

Sessions are bi-weekly for the semester, or on a drop-

in basis, and a variety of times are available. Goals can vary widely and can include anything from increasing sleep or managing stress, to developing a mindfulness practice or pursuing financial goals.



See the details