

# women's services & resources

WSC 3326

Open Monday - Friday, 8:00 am - 5:00 pm  
(closed during BYU Devotional on Tuesdays, 10:45 - 12:00 pm)

Whether you want to learn more about women's issues, discuss balancing family and careers, or improve wellness habits, we're here to help. We support students in the challenges they face by providing a place for them to be heard, receive useful information, and connect to appropriate resources.

Our services are free and available to all BYU students.

## CONFIDENTIAL REPORTING AREA

Women's Services & Resources is designated as a Confidential Reporting Area. If a student makes a report to a full-time WSR employee, that employee will not report the incident to any other campus entity unless it is determined there is an immediate health or safety risk or otherwise required by law. WSR seeks to assist and support all members of the campus community by recommending appropriate resources both on campus and in the community.

## EVENTS & CAMPAIGNS



Every semester, WSR hosts events and campaigns designed to empower students and educate them on important issues. Look for posters around campus or check out our social media for upcoming events.

## INFORMATION SHEETS

Located in our office and on our website are info sheets focusing on over 30 topics to help you navigate your college experience. Topics range from homesickness to dating, from mission prep to self-care. \*Included with our info sheets are nursing and changing station maps for parents on campus.

## NUTRITION & WELLNESS

**Consultations** • Want to learn tips for meal planning, eating healthy on a budget, or developing positive body image? Book a free 30-minute consultation with our wellness consultant at [byuwsr.setmore.com](mailto:byuwsr.setmore.com).

**New CHAPTER** • New CHAPTER is a 10-week disordered eating support group led by a registered dietitian. Email [wsr\\_wellness@byu.edu](mailto:wsr_wellness@byu.edu) to find out if New CHAPTER is a good fit for you.

**Yoga Classes** • Free yoga classes are offered every Saturday at 9 am in room 3228 WSC. Anyone is welcome to attend. Mats are provided.

## VOLUNTEER OPPORTUNITIES

**Girls Empowered** • Girls Empowered is an afterschool mentor program run by WSR that focuses on empowering young girls as they take on middle school. Email [wsr\\_coordinator@byu.edu](mailto:wsr_coordinator@byu.edu) if you're interested in becoming a mentor.

**Events and Campaigns** • Volunteers are always needed to assist at our events and campaigns. Contact WSR to find out how you can contribute.

## SINGLE PARENT SCHOLARSHIP

Thanks to the generosity of private donors, Women's Services & Resources has scholarships available to ease the burden that single parents may face when trying to balance work, school, and child care. Applications can be found at this link: [wsr.byu.edu/single-parent-scholarships](http://wsr.byu.edu/single-parent-scholarships)

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**Extras** • Stop by our office for chocolate, calendars, feminine hygiene products, hot packs, bandaids, or anything else you might need. If you're looking for a place to study or relax, feel free to hang out in our office!