

L & C SELF-CARE RESOURCES

SCAN THE QR CODES TO LEARN MORE

COUNSELING SERVICES



Short-term individual, couples, and group therapy • Consulting psychiatrist • Crisis and emergency assistance • Self-help and referrals • Caring for others

Walk-in Consultations
(fall semester)

Lower Odell
Tuesdays 2 - 3:30

Lower Templeton
Thursdays 2 - 3:30



CASE MANAGEMENT

Off-campus mental and physical health referrals • On-campus office navigation • Insurance problem-solving • Student Advocacy

Lower Odell
make an appointment:
503-768-7173



OFFICE OF SPIRITUAL LIFE

Meditation sessions • Spiritual/religious life groups • Labyrinth walks • Spiritual que(e)ry gatherings • Interfaith dialogues • Sunday chapel service



Agnes Flanagan Chapel



INCLUSION AND MULTICULTURAL ENGAGEMENT (IME)

Wokeshops • Great Expectations • Lu'au • Black Graduation • Gente Latina Unida Banquet • Community Lab • MLK Jr. Week of Service • Annual IME Banquet and Impact Awards



Templeton 324



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STUDENT ORGANIZATIONS, CLUB SPORTS & THE STUDENT UNION



Find your community • Meet new people • Explore your interests • De-stress • Get engaged

OMBUDS OFFICE

Ethical dilemmas • Misunderstandings based on cultural perspectives • Interpersonal conflict • Bureaucratic impasses • Confidential • Impartial • Informal • Independent



VALERIE WHITE

Flanagan Chapel
call 503-768-7336 to make an appointment

Open Office Hours
(fall semester)
Thursdays 11:30 -12:45



Templeton 244



COLLEGE OUTDOORS

Trips around the Pacific Northwest • Cross-country skiing • Backpacking • Whitewater sports • Sea kayaking • Hiking • Wilderness first responder courses • Student leadership • Gear rentals • Summer job resources

THE COLLEGE ADVISING CENTER

Not sure where to start? See an Advisor or a Peer Advising Fellows for help with WebAdvisor • Tutor resources • How to use office hours • Class and club balance



Peer Advising Fellows drop-in hours
(fall semester)

Tuesdays 9:45 - 12:40, 3:30 - 5:00

Wednesdays 12:45 - 2:15

Thursdays 1 - 2:30

