Self-care and well-being are essential to academic success and personal growth. As the demands of work, school and life have changed; student, faculty and staff needs in this domain have also evolved. The McCombs Wellness Center creates opportunities to elevate conversations about well-being and increase access to services already on campus.

The Wellness Center brings people and programs serving McCombs students, faculty and staff wellness needs that are currently spread across different units and campus locations into one place closer to where individuals work, study and live. The center seeks to integrate a spectrum of wellness services with three separate services including the CARE Counselors (Counselors in Academic Residence) have a permanent home in the Wellness Center. Two other services and service providers are hosted in the space at different frequencies and include Resources in Residence as well as Wellness Workshops. The role of the McCombs Wellness Center is not to provide programming and services, but instead to curate existing programs and services here on campus—providing a place for students, faculty and staff to access the services here in our community.

The Wellness Center is located in the CBA north building and is in an ideal location that is both easily accessed, yet also private enough for the services offered. Two of the private offices are dedicated to the CARE Counselors, while the third private office is used by our Resources in Residence guests for rotating services that require privacy. The Center also includes a MindBody Lab as well as an individual yoga space for student use each of which can be reserved in 45 minute sessions.

**CARE Program**
Toby LeBlanc and Ineshia Bates are our full-time Care Counselors which also includes a part-time practicum counselor, Keoshia Harris, who meet individually and in small groups with students in confidential sessions. More information about their services can be found at [https://cmhc.utexas.edu/CARE-mccombs-school-business.html](https://cmhc.utexas.edu/CARE-mccombs-school-business.html).

**Wellness Workshops**
Wellness workshops utilize conference room space on the second floor for up to 20 people and reservable meeting space in the Legacy Events Room on the third floor with seating for 80 participants. These workshops include programs such as How to be a Successful College Student Life Skills, Mindfulness Meditation, Embedding Mental Health Practices into Classroom Environments and Practicing Self Care. Workshops will be posted monthly on the Wellness Center website.
Resources in Residence

By welcoming wellness professionals from across campus into our spaces, McCombs hopes to elevate the conversation about wellness within our community and for the campus at large. We offer reserved private office space for our wellness partners across campus to meet individually and in groups with our students, faculty and staff. Our partners include:

- Longhorn Wellness Center [https://healthyhorns.utexas.edu/healthpromotion.html](https://healthyhorns.utexas.edu/healthpromotion.html)
- Employees Assistance Program [https://eap.utexas.edu/](https://eap.utexas.edu/)
- Nutrition Services [https://www.healthyhorns.utexas.edu/dietitian.html](https://www.healthyhorns.utexas.edu/dietitian.html)
- Disability and Access [https://diversity.utexas.edu/disability/](https://diversity.utexas.edu/disability/)
- Longhorn Share [https://www.healthyhorns.utexas.edu/share-groups.html](https://www.healthyhorns.utexas.edu/share-groups.html)
- Physical Therapy [https://www.healthyhorns.utexas.edu/physicaltherapy.html](https://www.healthyhorns.utexas.edu/physicaltherapy.html)
- Mindfulness and Stress Reduction [https://cmhc.utexas.edu/wellbeing/stressreduction.html](https://cmhc.utexas.edu/wellbeing/stressreduction.html)
- SHIFT [https://shift.utexas.edu/](https://shift.utexas.edu/)
- Student Emergency Services [https://deanofstudents.utexas.edu/emergency/](https://deanofstudents.utexas.edu/emergency/)