

# Campus Virtual Resources

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By: Center for Student Success

# Health and Wellness Offices - Hours: M-F, 9:00AM - 4:00PM

<https://mhs.tcnj.edu/office-hours-covid-19/>

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- **Anti-Violence Initiatives (AVI)**
- **Alcohol and other Drug Education Program (ADEP)**
- **Collegiate Recovery Program**
- **Mental Health Services**
- **Religious & Spiritual Life (8:30am-4:30pm)**
- **Student Health Services (Hours: M-F, 9:00 AM – 3:30 PM for telemedicine)**
  - Telemedicine appointments can be scheduled by logging in to the portal, OWL (Online Wellness Link) at <https://tcnj.mediatconnect.com/>.
- **Community Counseling Collaborative (CCC)**
- Hours: Mon - Sun, variable hours by clinician.

# The Office of Student Affairs' Center for Mindfulness and Compassion (CMC)

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## ONLINE DROP-IN MINDFULNESS MEDITATION SESSIONS

**Start Your Day with Mindfulness**

(30 minutes)

Led by Lisa Caton, Director of CMC/Instructor\*

**MONDAYS and THURSDAYS at 8:30 AM –CLICK HERE:**

<https://zoom.us/j/196189034>

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## **Take a Mindfulness Break** (30 Minutes)

Led by Trained Student Mindfulness Leaders

**Mondays, Wednesdays and Fridays at 6:30 PM – CLICK HERE:**

**<https://zoom.us/j/151288989>**

Contact [mindfulness@tcnj.edu](mailto:mindfulness@tcnj.edu) with any questions or comments.



# Virtual Opportunities

## Provide by Division of Student Affairs

<https://sa.tcnj.edu/virtual-opportunities/>

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- At-Home Activities and Resources
- Below are some activities and resources you can use any time! These include coloring sheets you can download and more will be coming soon!
- Coloring Sheets
- DIY
- Quarantine Cooking
- Wellness at Home: CampusWell
- Spotify Playlists

# Being Productive at Home

## Provided by Center for Student Success

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- Click the link to view the Video
  - <https://www.youtube.com/watch?v=nR3ojNtd85U>
- Share with us your at home work space on social media and tag us @tcnjcss

# Virtual Advising

<https://css.tcnj.edu/virtual-advising/>

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- [Supplemental Advising](#)
- [Coaching](#)