



2100 E. Broadway, Suite 200A
Columbia, MO 65201-6082
Phone 573.214.2253 Fax 573.474.5683
www.ABLEWellnessCenter.com

General Professional Support

Student Health Center studenthealth.missouri.edu Main line: 573-882-7481 Behavioral Health: 573-882-1483 Health Promotion & Wellness: 573-884-9355 Resource for Primary Care, Behavioral Health, and Health Promotion & Wellness

Online relaxation audios, mindfulness meditations, yoga audios, breathing videos and restorative yoga videos for stress management: bit.ly/mindfulaudios

Counseling Center <https://counseling.missouri.edu/student-services/social-injustice.php> 573-882-6601 The MU Counseling Center promotes the success and growth of individuals in the MU community and the campus as a whole, fostering personal, intellectual and psychological well-being.

Mindfulness Practice Center <https://www.umsystem.edu/curators/mindfulness> The Mindfulness Practice Center (MPC) has been organized through a campus-wide effort at the University of Missouri in order to offer mindfulness practices to students, faculty and staff. The MPC emphasizes a non-sectarian approach to mindfulness that draws on contemplative practices from a variety of traditions. Online resources available.

Diversity Resources

Multicultural Center <http://multiculturalcenter.missouri.edu/> 573-882-7152 The MU Multicultural Center wants you to know that *our home, is your home*. We are proud to be a safe and comfortable space for students of all identities and backgrounds. As a place for identity exploration and reclamation, the Center truly works to address the needs of underrepresented populations, providing a safe outlet and home away from home.

Gaines/Oldham Black Culture Center <http://gobcc.missouri.edu/> 573-882-2664 The Gaines/Oldham Black Culture Center (GOBCC) is dedicated to providing social and educational programs that reflect the history, heritage and culture of the African Diaspora to all students, faculty, staff and the Mid-Missouri community. Additionally, the GOBCC is a willing partner with entities endeavoring to make the University of Missouri a more inclusive and welcoming environment for diverse populations through education, outreach, and collaboration. Lastly, the GOBCC envisions itself as an instrument of orientation and instruction on the issues of race, politics, economics, community, art and culture of the African Diaspora.

Diversity Initiative <http://cdi.missouri.edu/> Resources for diversity programs, services, and policies

Equity Office <http://equity.missouri.edu/> 573-882-9069 The MU Equity Office works with MU faculty, staff, and students who believe they may have been subjected to unfair or inequitable treatment for any reason.



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Legion of Black Collegians <http://lbc.missouri.edu/> The Legion of Black Collegians is the only Black Student Government in the country. We take pride in working to develop a lasting appreciation of social, moral, intellectual, and most of all, cultural values that will uplift the Black student in the pursuit of academia, and heighten the cultural consciousness of all students in all aspects of student life. We are the leading voice on campus working to eradicate ignorance and promote positive change through education, motivation and advocacy for Black students at Mizzou.

International Center <http://international.missouri.edu/> 573-882-6007 The International Center facilitates all things international at the University of Missouri. We raise international awareness and foster dialogue on critical world issues.

LGBTQ Resource Center <https://lgbtq.missouri.edu/> 573-884-7750 We're the MU LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer) Resource Center and it is our goal to meet the needs of Mizzou's campus.

Women's Center <https://womenscenter.missouri.edu/> 573-882-6621 The MU Women's Center welcomes students, staff, faculty and members of our local community. The Center provides opportunities for learning, service and support. Our Center is open to everyone.

Disability Center <http://disabilitycenter.missouri.edu/> 573-882-4696 The University of Missouri Disability Center provides services and accommodations that help students to participate fully in the learning experience and be evaluated on the basis of their abilities.

Accessibility and ADA Education <http://ada.missouri.edu/> 573-884-7278 The Office of Accessibility and ADA Education works to foster an inclusive and welcoming environment at the University of Missouri (MU) for people with disabilities, free of physical, programmatic, informational, and attitudinal barriers. This environment includes the University's governing policies and procedures, access to employment and employment services, academic programs, physical facilities, information technology, and other University programs, activities, and services.

Additional Safe Spaces

Stressbusters <http://studenthealth.missouri.edu/programs/stressbusters.html> Provides free 5-7 minute back rubs on Tuesdays and Wednesday at the KC/STL rooms in the Student Center

Breathe Student-led meditation Mondays at 5pm at the Contemplative Practice Center More information at: <http://studenthealth.missouri.edu/programs/breathe.html>

Contemplative Practice Center Noon Meditation & Drop-in Yoga classes bit.ly/MUWellbeing Offers a safe, quiet environment for contemplative practice and reflection