

Community, Assistance and Resources for Engineering Students (CARES)

*Managing life and the demands of being a Purdue engineering student
can be challenging! **CARES is here to help!***

What we offer:

- **The CARES Hub!** Located in ARMS 1261, we offer an inviting, welcoming space for engineering students to study, relax, grab a snack and socialize.
- **Social events!** Have fun, relax and connect with other engineering students. Check out the EVENTS section on our webpage for biweekly yoga, Lego Building, Donut Day, Destress with Dogs and much more!
- **Our very own engineering pup, Murphy!** Follow our Instagram for scheduled “Cuddles & Calm” times with our bright-eyed beagle!
- **Free confidential therapy!** Stop by to see our very own therapist, Jennie, during her confidential walk-in hours in ARMS 1251, Monday through Friday from 1 – 2 p.m. or schedule an initial screening for therapy at tinyurl.com/CARESScreening
- **Well-being mentoring!** We offer certified well-being engineering student mentors who can offer you support and guidance. Sign-up to chat with a mentor on our webpage.
- **Workshops!** We offer fun workshops on a variety of topics to enhance your well-being, manage stress, maintain healthy relationships and more. Check the EVENTS section of our webpage for details and to request a workshop for your class or student organization.

Use the QR Code to check out our webpage and follow us on Instagram @PurdueCARES

