

GUIDE TO STUDENT SERVICES



HOKIE WELLNESS
VIRGINIA TECH.

CLASSES & WORKSHOPS

Hokie Wellness offers many different classes & workshops for a wide range of health topics.

HEALTHY HOKIE WORKSHOPS

Healthy Hokie Workshops are designed to help students make their own informed health decisions around a variety of topics that we know are important to those in college.

Nutrition 101
Sleep Better Techniques
Unwind Offline
Vaping 10
Helping Friends in Distress
Do it Safer and Contraception



DEVELOPING RESILIENCY SERIES

The Developing Resiliency Workshop Series focuses on equipping you with resiliency skill & strategies for managing your mental & emotional well-being.

Learning to Press Pause | Developing a Growth Mindset
Self-Care or Treat Yo'Self? | The Key to Connection

FINANCIAL WELLNESS

Financial Wellness Workshops are designed to enhance the knowledge and skills of students in managing their financial resources effectively for a lifetime of financial well-being. Available workshops include:

Budgeting Basics | Credit Reports & Scores
Debt Management & Student Loans | Specialty Workshops

SEXUAL VIOLENCE PREVENTION AND BYSTANDER INTERVENTION

Programs are tailored to each requesting group's needs but include the core elements of understanding healthy/unhealthy relationships, affirmative consent, victim blaming, cycles of violence, the 3 D's of bystander intervention, and intervention practice scenarios.

KORU MINDFULNESS

Koru Mindfulness is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management to all ages.

BODY PROJECT

Body Project discusses the "appearance ideal", the pressure the media puts on women to look a certain way, and how to practice effective ways to be body positive.

REVIVE! TRAINING

Knowing how to respond to an opioid overdose can save lives and provide access to resources for recovery. Students learn about opioids, addiction, and responding in an emergency.

PARTY POSITIVE

Party Positive workshops provide harm-reduction strategies around alcohol use. Students learn about blood alcohol content and how to stay in the Party Positive Zone.



CAMPUS INITIATIVES

Hokie Wellness actively engages both the VT and surrounding communities on a variety of health topics. Our programs include:

21st BIRTHDAY PROGRAM

For those that choose to drink, the transition to turning 21 often includes new challenges such as drinking for the first time, drinking in new and unfamiliar environments, and being faced with pressure to consume more than they may have in the past.

TOBACCO-FREE HOKIES

Hokie Wellness offers tobacco-use prevention and tobacco treatment programs at Virginia Tech. We work with the community on initiatives designed to support tobacco-free lifestyles.



MENTAL HEALTH COALITION

The Mental Health Coalition is organized by Hokie Wellness as a way of organizing, mobilizing, and advocating for and with mental health-related student organizations.



VT RECOVERY COMMUNITY

The Virginia Tech Recovery Community works to ensure that students do not have to choose between their recovery and their education. We support students inside and outside the classroom, organize events and trips, and provide space for recovery meetings. Anyone is welcome, anytime.

RECOVERYALLY

Training / workshop



RECOVERY BIKE

Free coffee & conversation



THE ROOST

A recovery space for students



Recovery provides hope.



rc@vt.edu | (540) 231-2233

FEELS SUPPORT CIRCLE

FEELS Peer Support Groups are mental health support spaces by students for students. This group is a space to connect with fellow Hokies who are navigating their mental health/wellbeing concerns. No registration necessary.



- Every Wednesday and Thursday 6:30-7:30pm (undergrad)
- Every Thursday 6:00-7:00pm (grad)
- <https://hokiewellness.vt.edu/feels>

1 ON 1 CONSULTATIONS

Hokie Wellness offers a number of resources to assist the Virginia Tech community in their endeavors to live healthy lives. All Virginia Tech students can receive free one-on-one consultations on the following topics:



- **Financial Wellness:** budgeting, credit, loans, etc.
- **Substance Use:** alcohol, drugs, etc.
- **Nicotine Use:** vaping, cigarettes, dip, etc.
- **General Health:** any other health/wellness topic



For more information please visit, hokiewellness.vt.edu

195 McComas Hall (0140)
895 Washington St SW
Blacksburg, VA 24061

(540) 231-2233



@HokieWellness



Hokie Wellness



HokieWellness



Hokie Wellness
for Students

Located at the roundabout between West Campus Drive and Washington Street SW, across from the Career Center and next to Hahn Horticulture Gardens.

Also check out well-being.vt.edu for a full listing of university wide health and wellness resources!