ARE YOU LOOKING FOR A PLACE TO CONNECT?

TRY OUR: DROP-IN SUPPORT SPACES

AT THE COUNSELING AND STUDENT DEVELOPMENT CENTER

Drop-in Spaces provide a virtual space to connect with other students around shared experiences. Drop-In Spaces are not therapy or treatment, do not require a commitment, and are hosted via Zoom. Students currently residing within or outside of the state of Hawai‘i are eligible to participate.

RAINFOREST WARRIORS & RAINBOW WAHINE
A SPACE FOR STUDENT ATHLETES TO SHARE EXPERIENCES, EXPRESS EMOTIONS, CONNECT WITH OTHERS, AND FIND SUPPORT.

LIVING ON CAMPUS
A SPACE FOR RESIDENTIAL STUDENTS TO SHARE EXPERIENCES, EXPRESS EMOTIONS, AND CONNECT WITH OTHERS LIVING ON CAMPUS.

GRADUATE SCHOOL AND BEYOND
A SAFE SPACE FOR GRADUATE STUDENTS TO CONNECT, SHARE EXPERIENCES, AND FIND SUPPORT.

NEAR AND FAR: INTERNATIONAL STUDENTS
A WELCOMING SPACE FOR INTERNATIONAL STUDENTS TO MEET, CONNECT WITH OTHERS, SHARE EXPERIENCES, AND FIND SUPPORT.

CONNECTING WITH PRIDE
A SAFE SPACE FOR LGBTQ+ STUDENTS AND ALLIES TO CONNECT, PROCESS EXPERIENCES, AND FIND SUPPORT.

COPING WITH COVID-19
A SUPPORTIVE SPACE CO-HOSTED BY A THERAPIST AND A NURSE PRACTITIONER, FOR STUDENTS IMPACTED BY A COVID DIAGNOSIS THEMSELVES OR IN A LOVED ONE.

Register online at: http://www.manoa.hawaii.edu/counseling/outreach/support_spaces.php