

Wellness Resources

W&L Law Campus

- **Let's Talk** provides a counselor from the W&L Counseling Center twice a week for drop-in appointments in the law building.
- **Wellness Fair** is hosted every Fall Semester and includes health screenings, flu shots, and wellness-related booths.
- **Kirgis Fellows Program** is a peer mentoring program for first year and transfer students.
- **Disability Law Student Association** is an advocacy and social organization whose mission is to offer institutional and social support to disabled law students.
- **Academic Success Program for 1L Students** is run by Professor David Eggert.
- **Virginia Judges and Lawyers' Assistance Program (VJLAP)** provides a counselor twice a month for individual appointments in the law building.
- **Exam breaks** are offered twice a year and include therapy dogs, massage chairs, free food, and yoga.
- **Financial planning workshops and webinars** are offered by AccessLex, a third-party vendor that periodically visits campus to assist students with financial counseling.
- **Student Bar Association Student Wellness Committee**, which is comprised of students, faculty and staff, plans wellness programming for the community.

W&L University

- **Washingtonian Society** is W&L's collegiate recovery program. Whether you are committed to complete sobriety or just want some resources as you reevaluate your relationship(s) with alcohol and/or other substances, the Washingtonian Society can help.
- **University Counseling Center** provides services including individual counseling, support groups, urgent drop-in counseling, online counseling, and psychiatric medication evaluation/management.
- **Outing Club** offers a variety of outdoor activities and classes. W&L students lead most of the activities, which include backpacking, fly fishing, canoeing, kayaking, rafting, rock climbing, mountain biking, caving, skiing, and outdoor cooking. Bicycle, canoe, and kayaking rentals are available.
- **Food Pantry** alleviates food insecurity by providing emergency food to students.
- **Angel Fund** provides financial support for students who have experienced a major loss of personal property, death, or severe illness of immediate family, or a sudden loss of parental support.
- **LGBTQ Resource Center** hosts support groups and provides a safe space for students.
- **W&L Fitness Center** offers free weights and strength cardio equipment to the W&L community.
- **Sacred Space** is open to all for individual/group prayer, meditation, or just a moment of calm.

