

# house of WSR



WELCOME TO OUR

## WSR Newsletter

Welcome to the fourth issue of our WSR newsletter! My name is Logan Denen and I am the Clinical Intern here at Wellbeing Services and Resources.

I just wanted to jump in here for a moment and plug our Men's+ group, Beyond the Mask, which is returning weekly on February 23rd from 5-6pm in Hong Hall. The Men's+ group is meant to be a space for all male-identifying folks who would like to find a space to explore masculinity.

This is a really incredible group of folks that are coming together to discuss what masculinity looks like, how we process our emotions, what a masculine community looks like, and much more.

We would love to have you join us and share your own thoughts! Now please enjoy the rest of this lovely issue!

Logan Denen|| WSR Clinical Intern

ISSUE #4

FEB 2025

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Edna's Squirrel Count  
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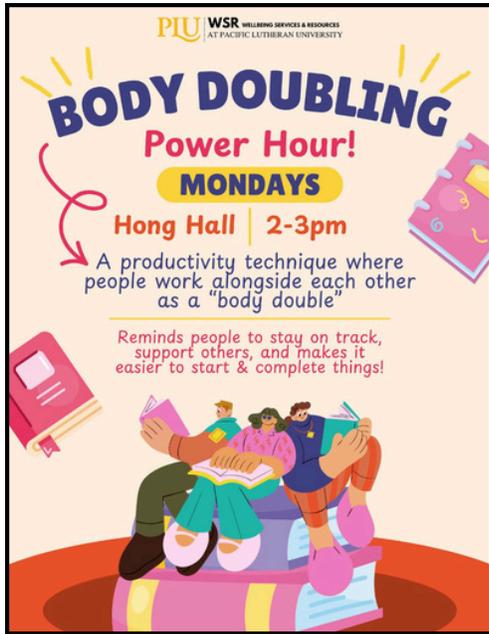
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WSR Hours  
M-F 8am-5pm  
care@plu.edu

# Upcoming Events + WSR Updates



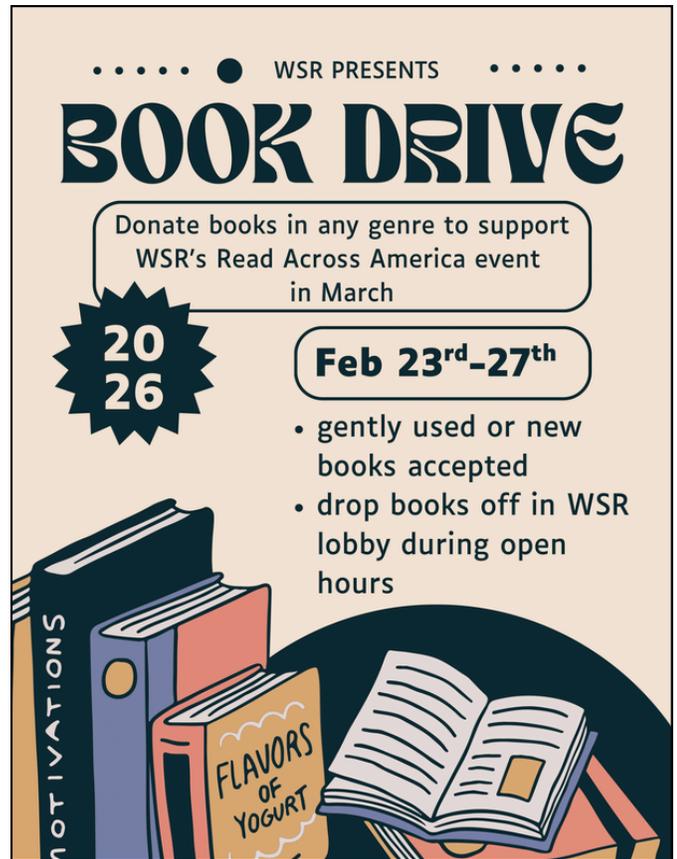
Looking for a way to stay productive? Want to get homework done and stay accountable?

**Stop by WSR on Mondays from 2-3pm for Body Doubling: Power Hour!**

Make connections with fellow Lutes while getting your to do list done. No need to sign up – just stop by!



I counted 77.68 squirrels today!



**Follow us on Instagram!**



@PLU\_WSR

# Important Information for Students

## CRISIS HOTLINES ☒

### General Crisis Hotlines

With LGBTQIA+ Support:

- Call, Text, or Chat: 988

### Trans Lifeline

To connect Trans & Questioning people with peer support, run by Trans people, for Trans people:

- Call: 1-877-565-8860

### LGBT National Hotline

Phone, online, peer support for all-ages:

- Call: 1-888-843-4564

### TheTrevor Project

For LGBTQIA+ youth and young adults:

- Call: 1-866-488-7386
- Text: Text "START" to 678-678

### Crisis Connections

For local Help and Support in WA state:

- King County: 1-866-427-4747
- Pierce County: 1-800-576-7764

### Alcoholics Anonymous

For all adults:

- Call: 800-232-4636

WSR is here for you. To connect with a staff member, get questions answered about these hotlines, or would like additional information on further resources, stop by our office.



Scan for access to  
TimelyCare!

**DO I QUALIFY FOR SNAP?** → Supplemental Nutrition Assistance Program

Go to: [washingtonconnection.org](https://www.washingtonconnection.org)

scroll down and click **See If I Qualify** and fill out the Q's!

- Takes ~15 minutes to complete
- You can begin the SNAP application immediately after

## PLU Pantry has Grab & Go Bags!

Bags include:  
-recipe  
-measurements  
-ingredients



Find a WSR member to get access to a bag!

New recipes will come out as the semester goes on



# WSR Events Calendar

## Weeks 2/16-2/20 + 2/23-2/27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 Body Doubling: Power Hour! 2-3pm @WSR	17	18	19	20
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Body Doubling: Power Hour! 2-3pm @WSR Book drive (drop off books in WSR lobby)	24 Pantry delivery Book drive (drop off books in WSR lobby)	25 Book drive (drop off books in WSR lobby)	26 Boyish Charm live @12:30pm (@pluboyishcharm) Book drive (drop off books in WSR lobby)	27 Book drive (drop off books in WSR lobby)
NOTES	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="display: flex; gap: 10px;"> <div style="background-color: #d4edda; padding: 2px 5px;">Group session</div> <div style="background-color: #f8d7da; padding: 2px 5px;">Boyish Charm</div> <div style="background-color: #fff3cd; padding: 2px 5px;">Pantry delivery date</div> <div style="background-color: #d6d8db; padding: 2px 5px;">Other</div> </div> <div>LEGEND:</div> </div>			

## PLU Student Discount opportunities

\*All discounts require a valid PLU student ID

### Tacoma Grand Cinema

- \$2.50 ticket discount
  - students who live within the Tacoma city limits and meet the Tacoma Creates program requirements can get a free ticket when purchased at the box office on the day of the show

**Hours of operation:** M-Th open between 1-2pm || F-Sun + holidays open between 11am-12pm

**Location:** 606 Fawcett Ave,  
Tacoma, WA 98402

### Mission Thrift

- 10% discount

**Hours of operation:** Tues-Fri: 9am-7pm ||  
Sat: 9am-6pm || Sun: 11am-6pm ||  
Mon: closed

**Locations:** 6331 6<sup>th</sup> Ave, Tacoma, WA 98406 || 2502 6<sup>th</sup> Ave Tacoma, WA 98405