

house of WSR



WELCOME TO OUR

WSR Newsletter

Welcome to the April edition of WSR's Newsletter! My name is Josh Wolfgang, and I am the Student Veteran Program Coordinator here at Wellbeing Services & Resources. Although I primarily work with our Student Veterans, I wanted to take a moment to plug one of the services WSR offers that I think can be instrumental to the wellbeing of PLU students who are struggling.

As we barrel into the end of the Spring term, I wanted to take a moment and shout out the Greif Group that is being hosted every other Wednesday from 2 - 3 in WSR. The end of the academic year can be stressful for anyone, and that's before life exacts the tolls from us individually. Loss is something that we all deal with in our own time, but it doesn't have to be something you deal with alone.

From the bottom of my heart, it is such a pleasure to work for WSR, just as it is a great honor to represent my fellow Student Veterans here at PLU. I know you're excited to see the rest of what WSR has in store, so without further ado, please enjoy!

Josh Wolfgang || Student Veteran Program Coordinator

ISSUE #6

APRIL 2026

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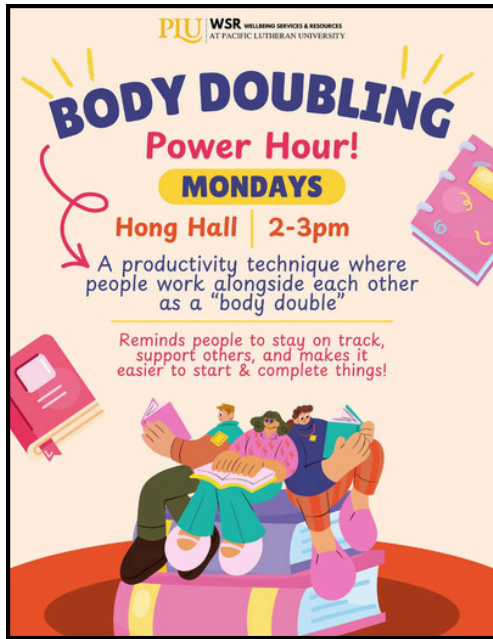
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WSR Hours
M-F 8am-5pm
care@plu.edu

Upcoming Groups + 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 6-7 squirrels today!



Come to WSR from 2-3pm starting Wednesday, March 18th for Grief Group.

Learn how to cope with grief in a community-based space with our two MSW, LICSW staff members, Jenn and Rebekah.

*group is held on a bi-weekly basis

Follow us on Instagram!



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

The Trevor 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!

An infographic with a green and yellow background. At the top right is the logo for 'PIU WSR HELPS SERVICES & RESOURCES AT PACIFIC LUTHERAN UNIVERSITY'. The main heading is 'DO I QUALIFY FOR SNAP?' in large green letters, with an arrow pointing to 'Supplemental Nutrition Assistance Program'. Below this, it says 'Go to: washingtonconnection.org' and 'scroll down and click See If I Qualify and fill out the Q's!'. At the bottom, it lists two bullet points: 'Takes ~15 minutes to complete' and 'You can begin the SNAP application immediately after'.

PLU Pantry has Grab & Go Bags!

Bags include:
-recipe
-measurements
-ingredients



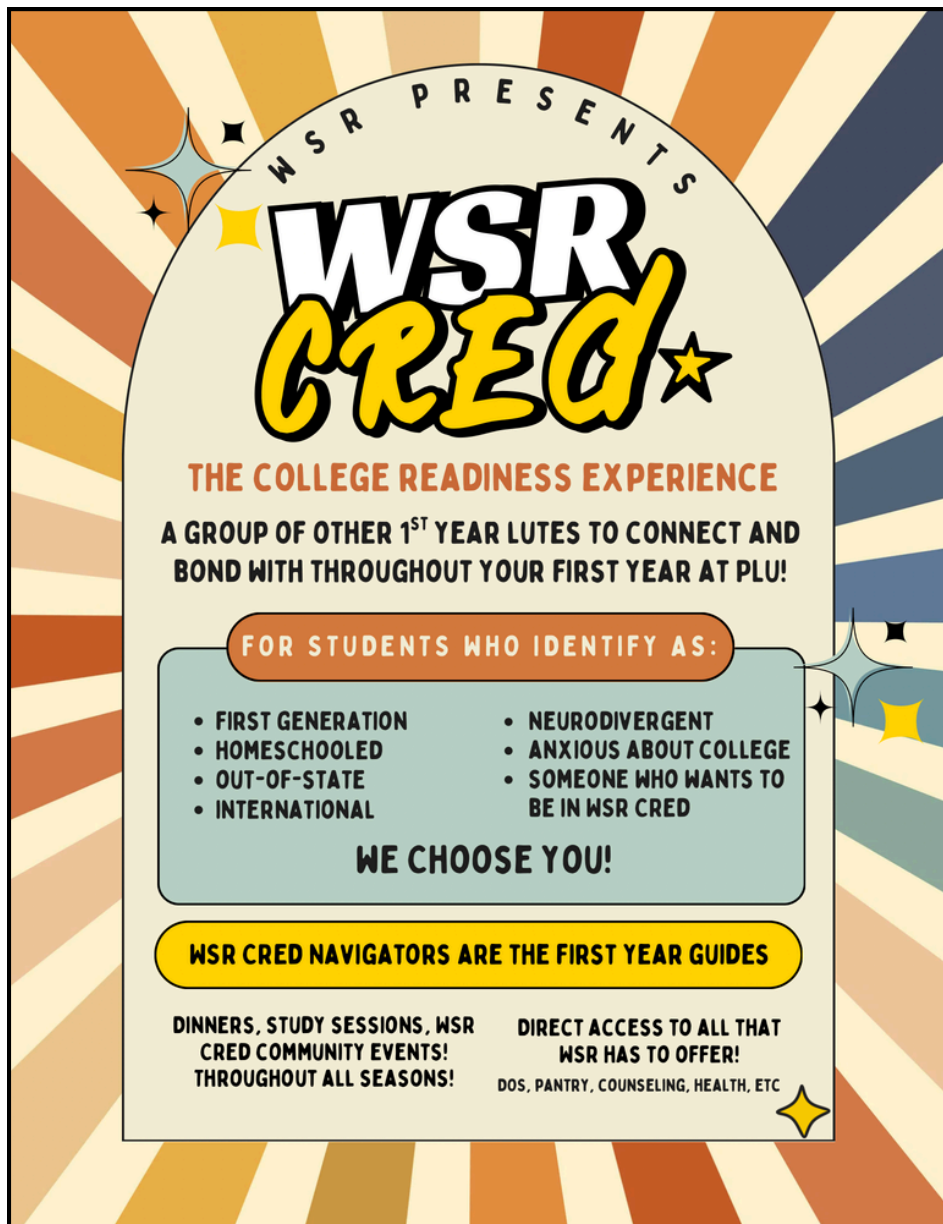
Find a WSR
member to
get access to
a bag!



New recipes
will come out
as the
semester
goes on



WSR CRED is now live!



WSR PRESENTS

WSR CRED★

THE COLLEGE READINESS EXPERIENCE

A GROUP OF OTHER 1ST YEAR LUTES TO CONNECT AND BOND WITH THROUGHOUT YOUR FIRST YEAR AT PLU!

FOR STUDENTS WHO IDENTIFY AS:

- FIRST GENERATION
- HOMESCHOOLED
- OUT-OF-STATE
- INTERNATIONAL
- NEURODIVERGENT
- ANXIOUS ABOUT COLLEGE
- SOMEONE WHO WANTS TO BE IN WSR CRED

WE CHOOSE YOU!

WSR CRED NAVIGATORS ARE THE FIRST YEAR GUIDES

DINNERS, STUDY SESSIONS, WSR CRED COMMUNITY EVENTS! THROUGHOUT ALL SEASONS!

DIRECT ACCESS TO ALL THAT WSR HAS TO OFFER!
DOS, PANTRY, COUNSELING, HEALTH, ETC

WSR CRED is a program designed to increase student's success & progression in college by intentional early connection to campus resources & experts.



Scan to apply!



Doggy Days Recap

The PLU community got to visit with three dogs on April 1st. Breeze, Tank, and Amoré brought lots of cuddles, love, and smiles to our campus.



Thank you to Blaze,
Amoré, and Tank!



Meet the Dash of Charm hosts

'Boyish Charm' is getting two new hosts, and a new name. Meet Maica and Rae, hosts of Dash of Charm. Both students have been amazing assets to the WSR community, and are excited to step into this new role. Their first episode goes live on Thursday, April 26 at 12:30pm.



Maica | 3rd year
Major: Global Studies
with a concentration in
international affairs
WSR role: student
pantry worker

Rae | 1st year
Major: Social Work
WSR role: Dash of
Charm host



Congratulations Austin!

SOUTH
SOUND
BUSINESS

40 UNDER 40 HONOREE



Read the article here



**AUSTIN
BEIERMANN**

DIRECTOR FOR
ACCESSIBILITY AND
WELLBEING RESOURCES

WSR Events Calendar

Weeks 4/13-4/17 + 4/20-4/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 Body Doubling: Power Hour! 2-3pm @WSR	14 Pantry delivery	15 Grief Group 2-3pm @WSR LatinX Wellness Group 5:30pm @WSR	16 Boyish Charm live @12:30pm (@pluboyishcharm)	17
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Body Doubling: Power Hour! 2-3pm @WSR	21	22	23	24
NOTES				
<div style="display: flex; justify-content: flex-end; align-items: center;"> <div style="margin-right: 10px;"> Group session </div> <div style="margin-right: 10px;"> Boyish Charm </div> <div style="margin-right: 10px;"> Pantry delivery date </div> <div> Other </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 6th Ave, Tacoma, WA 98406 || 2502 6th Ave Tacoma, WA 98405