

# house of WSR



WELCOME TO OUR

## WSR Newsletter

Hello, hello, hello friends!

It's mid-March, the sun sets later, and we're almost to spring break! Time has both moved very slowly and very quickly, and it's absolutely okay to feel like you're crawling to get to the break. Whether you are traveling away, spending time wherever you call home, or in the PLU community/staying at Luteville, remember to breathe. You made it this far!

The Spring looks very different than the Fall. The break is smack dab in the middle of the semester, and it's a good time to look back. How have you been so far? Keeping up with classes, making money at work, and/or connecting with your support system? It could be all, some, or none of the above, which is okay. This is the time to rest and reflect on what can be different in April and May. Different study methods (like the Pomodoro technique!), tutoring through Knack, different study areas/people, and a change of routine can help! What are some ways you can practice self-care? Drinking a protein shake in the morning, spending time coloring/drawing/journaling, or going on a walk?

Regardless if you had an okay first half, or life hit you in the face: using spring break as a moment to pause, and smell the cherry blossoms, and reflect on what you can do just a little differently in the second half!

PJ Morales || WSR MSW Fellow

ISSUE #6

MAR 2026

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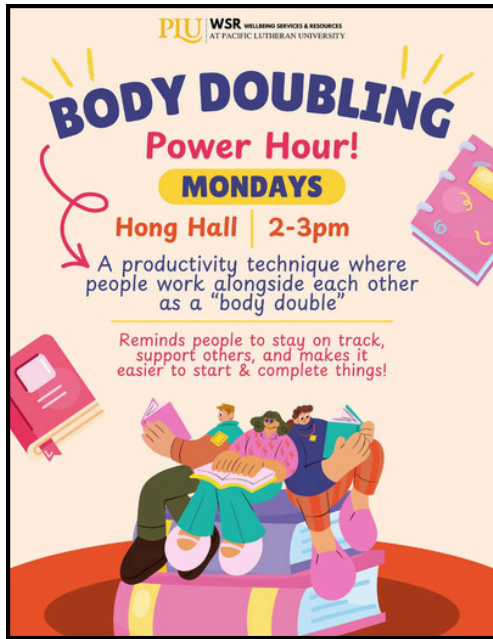
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WSR Hours  
M-F 8am-5pm  
care@plu.edu

# 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 8 squirrels today!**



**Come to WSR from 2-3pm starting Wednesday, March 18<sup>th</sup> 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. To the right of this heading is an arrow pointing to the text 'Supplemental Nutrition Assistance Program'. Below the heading, it says 'Go to: [washingtonconnection.org](https://www.washingtonconnection.org)'. Underneath that, it says 'scroll down and click' with an arrow pointing to a button that says 'See If I Qualify'. Below the button, it says 'and fill out the Q's!'. At the bottom, there are 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 1<sup>ST</sup> 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!



## Book Drive + Literacy Event Recap

March 3<sup>rd</sup> and 4<sup>th</sup>, WSR held a literacy event in honor of Read Across America week. Participants got to pick out free books, connect with community resources, and engage in hands-on activities.



Over 100 books were donated by the PLU community!



Thank you to the Tacoma Public Library, The Mast, and our PLU community for making this happen!

# WSR Events Calendar

## Weeks 3/16-3/20 + 3/23-3/27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 Body Doubling: Power Hour! 2-3pm @WSR	17 Pantry delivery	18 Grief Group 2-3pm @WSR LatinX Wellness Group 5:30pm @WSR	19 Boyish Charm live @ 12:30pm (@pluboyishcharm)	20
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
<b>SPRING BREAK</b>				
NOTES <span style="float: right;">LEGEND:</span> <span style="background-color: #d4edda; padding: 2px;">Group session</span> <span style="background-color: #f8d7da; padding: 2px;">Boyish Charm</span> <span style="background-color: #fff3cd; padding: 2px;">Pantry delivery date</span> <span style="background-color: #d6d8db; padding: 2px;">Other</span>				

## 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