



School of Social Work

THE RAMBLIN' SOCIAL WORKER

September 20th, 2024

Preparing people to lead extraordinary lives

Advising and Internships -- NEW --

School of Social Work Events & Announcements -- NEW --

Loyola Events & Opportunities -- NEW --

Jobs & Volunteering -- NEW --

Additional Info & Resources -- NEW --

Self-Care Corner -- NEW --



SEPTEMBER IS

**SUICIDE
PREVENTION
AWARENESS
MONTH**

MSW Advising:



SCHOOL OF SOCIAL WORK
ACADEMIC ADVISING

MSW Program Planning

Spring 2025 Registration Prep

*MSW students are required to submit an academic template prior to spring registration to ensure they are on track to meet graduation requirements.

- MSW Program Planning Sakai access starts on **Monday, September 16th**
- Academic templates are due **Thursday, October 17th**
- Spring registration starts on **Thursday, October 31st**

*MSW Program Planning is **NOT** required for students in the Online Bilingual MSW, Online MSW, and certificate programs



SCHOOL OF SOCIAL WORK
ACADEMIC ADVISING

Online Bilingual MSW & Online MSW Programs

Spring 2025 Registration Prep

* Are **NOT** required to submit an academic template prior to spring registration

- Must follow OBMSW or OMSW program templates
- Reminder email sent to students 2 weeks prior to registration with specific courses and sections
- Spring registration starts on **Thursday, October 31st**

* Also includes certificate students and students graduating spring semester



Academic Advising

Your Academic Advisor can assist you with:

- Academic planning and progression towards degree completion
- Explaining academic policies and procedures
- Registration issues including, adding and dropping classes
- Connecting you to support resources
- Graduation and degree conferral requirements



Academic Advisors

Your Academic Advisor is listed in the Academic Progress tile in LOCUS.



Verónica Arreola, M.A.

Assistant Director of Academic Advising
Online Bilingual MSW, Online MSW, & Dual Degree

varreola@luc.edu



Jodi Goode, JD, MEd

Academic Advisor
BSW, 5-Year, & Advanced Standing

jgoode@luc.edu



Ruth Tekeste Dicks, MEd, MS, LPC, NCC

Academic Advisor
Full-time & Part-time MSW

rtekestedicks@luc.edu



Spring Registration

MSW - Starts Thursday, October 31, 2024

BSW Advising:

- 1st Semester Transfer students: Please schedule a degree completion planning appointment with Jodi via Navigate sometime in the next month.
- Juniors: if you don't have a degree completion plan on a BSW template, please schedule an appointment with Jodi via Navigate sometime in the next month.
- There's a new BSW-MA International Affairs that has slightly different requirements for the BSW. If you're interested in this program, please contact Jodi for the BSW template for the BSW-MA International Affairs. You must take SOWK 502, the graduate equivalent of SOWK 370, to earn credit towards this combined master's program. Additionally, two of your social science electives must be taken senior year and at the graduate level from a specific pool of classes. Finally, you'll take SOWK 506, the graduate equivalent of SOWK 390, senior year.
- J-Term Registration begins Monday, October 14. J-term is a 10-day term over winter break. Students may register for one class. Check with the Financial Aid Office about coverage.
- Don't wait for a problem to occur to find out what SSW's policy is regarding that problem. Make sure you're familiar with School of Social Work policies by reviewing, downloading, and saving the BSW Handbook
- Need Word? Excel? PowerPoint? One Note? Install Microsoft 365 for free through LUC! Directly access Office Installation files here: <https://portal.office.com/OLS/MySoftware.aspx> (You will be prompted to login to your Microsoft 365 account if you aren't already logged in)
- Did your computer crash and you need a loaner? Check out a laptop for up to 7 days: | Information Technology Services (ITS): Loyola University Chicago (luc.edu)

Internships

THE SPRING 2025-SUMMER 2025 INTERNSHIPS ARE NOW AVAILABLE!

This message is for 5 year students, Advanced Standing Students, and traditional MSW students

- Spring 2025 -Summer 2025 internship opportunities opened in SONIA on September 15th, 2024 for students in BSW program and traditional MSW program (not the Online Bilingual or Online MSW programs). Interested students can complete an internship application and will receive access to the Sonia Online database and Sakai site. See instructions below for Sonia access instructions.
- If you're an **Online MSW** student with internship questions, please contact Sandy Peterson at speter8@luc.edu
- If you're an **Online Bilingual MSW** student with internship questions, please contact Lilli Melero at lmelero@luc.edu
- If you're a **1st year MSW** student with internship questions, please contact Rachael Persin at rpersin@luc.edu
- If you're a 5th year student, Advanced Standing, or 2nd year MSW student with internship questions, please contact Mini Datta at mdatta@luc.edu
- If you are interested in securing an internship for either the Fall-Spring, Spring-Summer or Summer Block semester, the first step is to complete an internship application form in Sonia. The instructions to access the Sonia database, our internship management software, can be found [HERE](#).

Early Termination

We do not encourage students to end their internship early because you have reached your hours. Instead, please refer to the Learning Agreement as well as the internship confirmation form to review the previously agreed upon date. It is important to maintain your commitment to your internship site, your clients and to align your professional behavior with CSWE's Competency #1: Demonstrate Ethical and Professional Behavior. Please reach out to your Field Liaison for additional guidance.

JOIN THE CERCL COMMUNITY ENGAGEMENT FELLOWSHIP

Spring/Summer 2025 Interdisciplinary Cohort

Fellowship Details:

- Identify systematic barriers to health, collaborate with community members and leaders, design and implement sustainable solutions
- Hybrid format with synchronous virtual meetings on Tuesdays from 5:00 – 6:30 pm and required in-person meetings in Maywood
- Approximately 6 hours per week commitment, with \$1,500 compensation
- Who can apply? Any Loyola University Chicago student (all disciplines, undergraduate and graduate)

Apply by scanning the QR code below



APPLICATIONS DUE OCTOBER 24TH AT 5:00 PM

Contact Dr. Mora at namora@luc.edu or Professor Peacock at apeacock@luc.edu with questions



Frequently Asked Questions:

Community Engagement Fellowship Spring/Summer

2025 DEADLINE: Due October 24th at 5pm CT

1) What are the dates for the fellowship? How often is the fellowship? a. In the past we have had a fellowship cohort every academic semester, but this will be changing starting in 2025. The spring/summer fellowship will run from the start of the spring semester and will go through part of the summer semester. The spring/summer fellowship will begin on January 14th and end on July 15th.

2) When will the meetings be? a. We have weekly meetings every Tuesday of the semester starting the first week of the academic semester and going until the last. The first and last meetings will be in person in Maywood and the other meetings will be on Zoom. The meetings will be from 5-6:30 pm and the first and last meetings will be longer from 3-6:30 pm.

3) Are there in-person requirements for this fellowship? a. Yes, the first and last meetings will be in Maywood, IL, and are required for the fellowship. There will also be additional meetings with your community partners, which may be in person.

4) Is there any help with transportation for students who live in the city? a. Yes, we will work with each student to ensure they can find transportation to our in person meetings.

5) Do I have to be at every meeting? a. Yes, attendance at all meetings for the entire meeting time is required for this fellowship. Exceptions can be made if you are sick or there is an emergency.

6) How many hours per week is the fellowship? a. This fellowship requires between 5-6 hours per week of work. This will include learning about Maywood, completing assignments on Sakai, meeting with your community partners, and meeting with the group every Tuesday evening.

7) Are we required to complete assignments? a. Yes, there will be a Sakai site for this fellowship with regular assignments. Fellows must complete every assignment.

8) How does the compensation work? Will this affect my scholarships or financial aid? a. Fellows must be eligible to work in the United States and will be provided \$1,500 compensation at the end of this fellowship. Student workers cannot work more than 19.5 hours weekly. The hours for the fellowship count towards this requirement so students who are already working the full 19.5 hours at another location for Loyola are not eligible for the fellowship. The fellowship should not interfere with any scholarships or financial aid. If you have any questions, please contact namora@luc.edu

9) What kind of projects will I work on? Can I choose my own project? a. You will be assigned a community partner and a project in the first few weeks of the fellowship. We do our best to match you with a project that aligns with your interests but that is not always possible. Examples of past projects include a food equity needs assessment, creating a hypertension prevention program, reviewing an HIV/AIDS report and working with community members to learn about the impact of this report, helping plan a fall festival for children and their families, planning, implementing, and evaluating a community health fair, helping with youth advisory board recruitment, evaluating a career and life readiness program for youth, and identifying a shared data platform for community information.

10) Do I need to be in Chicago the whole time? a. Yes. We ask all fellows to attend in-person meetings in Maywood throughout the entire fellowship, so we do ask that fellows be in Chicago during both the Spring and Summer semesters. There will be weeks where we do not have meetings (ex. semester breaks, finals). **11) Where can I apply?** a. Here is a link for our Spring/Summer 2025 application: <https://forms.gle/cUHR7V2tJL64ED5JA>

School of Social Work Events

Save the Dates:

-10/9 5-6 PM

-10/31 5:30-6:30 PM

-11/18 5:30-6:30 PM

-12/3 5:15-6:15 PM

Questions?

Contact swoca@luc.edu



**A space to center,
support, & connect
the experience of
BPOC Social Work
Students @ Loyola**



Join here to stay connected:

[https://luc.campuslabs.com/engage/
organization/swoca](https://luc.campuslabs.com/engage/organization/swoca)



PRAXIS

Where Reflection & Practice Meet

Call for Submissions

PRAXIS, the student-published journal of the School of Social Work, invites BSW, MSW, and PhD students and alumni to submit manuscripts for publication. We are also seeking Editorial Board Members. Share your work and contribute to the academic conversation within the social work community.

Submission Details:

- Manuscript Types: Theoretical, research, self-reflective, and critical manuscripts on any topic are welcome.
- Eligibility: Open to all BSW, MSW, and PhD students and alumni.

Guidelines:

- No original research required – final class papers are eligible.
- Maximum of 20 pages, including references.
- Format: Microsoft Word (.doc or .docx).
- Double-spaced, Times New Roman, 12-point font, 1-inch margins.
- APA format.
- Identifying information should only appear on the cover page.

Deadline:

Friday, October 4 by 5:00 PM

Send submissions to PRAXIS@luc.edu



School of
Social Work



SSWSO PRESENTS:

SOCIAL HOUR

FREE SNACKS AND COFFEE! CONNECT WITH OTHER SOCIAL WORK STUDENTS!

SEPT 5TH
THURSDAY

SEPT 16
MONDAY

OCT 3
THURSDAY

OCT 16
WEDNESDAY

OCT 31
THURSDAY

NOV 11
MONDAY

NOV 26
TUESDAY

WHERE: MAGUIRE HALL 5TH
FLOOR KITCHEN

INSTA: SSWSOLUC

EMAIL: SSWSO@LUC.EDU



Fall '24 Group Work CE Series Presents

Group Work Essentials: Engaging, Empowering, and Facilitating Effective Groups

Greg Tully, PhD, LCSW

Interested in improving your group work practice with children, adolescents, young/older adults in settings such as schools, hospitals addictions, and/or mental health agencies?

This session provides an overview of the essential factors for planning and facilitating effective groups. It addresses critical elements including purpose, time and duration, composition and diversity, engagement, contracting, facilitator role and expectations, stages of group development, member and agency needs, use of activities, and assessment and feedback.

At the end of this session, participants will be able to:

- Harness the power of group work expertise to create meaningful connection and change
- Understand how groups develop and change over time, including what to expect from members at each stage, and the role of the leader throughout the process
- Plan more effective group interventions for a wide variety of practice settings and populations



**Friday
September 20, 2024
9:30 am to 4:30 pm,
Central Time
(Chicago)
via Zoom
6 CEUs**

***FEE:**

General: \$120,
LUC Alumni/Field
Instructors: \$100,
Students: \$30

20% discount if enrolled in
3 or more sessions

Scan QR code or use link to Register:
www.luc.edu/groupworkfall2024



For more info. on presenters: <https://tinyurl.com/Lucfall2024series>

Group Work C.E. Series

Loyola University Chicago School of Social Work

FALL 2024 WORKSHOPS

September

20

Group Work Essentials

6 CEUs | 9:30 am - 4:30 pm, CT | Zoom

Fees: General \$120, Loyola Alumni/Field Instructors \$100, Students \$30

[Greg Tully, MSW, Ph.D.](#)

October

18

Working with Grief and Loss in Groups

3 CEUs | 1 pm - 4 pm, CT | Zoom

Fees: General \$85, Loyola Alumni/Field Instructors \$70, Students \$20

[Kris Drumm, LCSW, ACHT](#)

November

1

Using Activities Effectively in Groups:

3 CEUs | 1 pm - 4 pm, CT | Zoom

Fees: General \$85, Loyola Alumni/Field Instructors \$70, Students \$20

[Christian Itin, Ph. D.](#)

November

2

Adventure-Based Group Work: An Experiential Introduction

4 CEUs | 9:00 am - 1:00 pm, CT |

Saturday IN PERSON.

Heller Nature Center, Highland Park

Fees: General \$100, Loyola Alumni/Field Instructors \$80, Students \$30

[Barney Straus, LCSW, CGP](#)

November

8

Strategies for Leading Online Groups: 3 CEUs |

1:00-4:00pm, CT | Zoom

Fees: General \$85, Loyola Alumni/Field Instructors \$70, Students \$20

[Sera Godfrey Kaplan, LICSW](#)

November

15

Group Work Strategies for Working Effectively with Teams, Volunteers, and Committees

3 CEUs | 1:00-4:00 pm, CT | Zoom |

Fees: General \$85, Loyola Alumni/Field Instructors \$70, Students \$20

[Marci Mayer Eisen, MSW, ACC](#)

November

22

Effective Groupwork with Diverse Latinx Communities

3 CEUs | 1 pm - 4 pm, CT | Zoom

Fees: General \$85, Loyola Alumni/Field Instructors \$70, Students \$20

[Mauricio Cifuentes, Ph.D., LCSW, J.D.](#)

[Endorsed by:](#)



International Association for Social Work with Groups, Inc.

[Scan QR Code or use link below to register >>>](#)

[REGISTER HERE](#)

[Click on presenter's name for program details and bios](#)

Some scholarships available



Email cgosselin@luc.edu for questions and additional info.

SCHOOLS/PEL TRACK INFO SESSIONS



Students interested in learning more about the Schools Track / Professional Educator License (PEL) preparation programs are invited to attend an information session.

Please join **ONE** of the following sessions:

- 😊 Wednesday, October 9th 5:00pm-6:00pm
- 😊 Friday, October 18th 2:00pm-3:00pm
- 😊 Wednesday, October 23rd 2:00pm-3:00pm

*****ALL sessions will be via zoom. Please register by emailing agreenberg2@luc.edu*****



Loyola Events & Workshops

NARCAN

TRAINING WORKSHOP

Tuesday 9/24 * 6pm

All sessions in the
Damen Cinema

Wednesday 9/25 * 4pm

Thursday 9/26 * 1:30pm

- * Learn how to identify signs of an opiate overdose
- * Learn the steps to administer NARCAN
- * RECEIVE FREE NARCAN FOLLOWING WORKSHOP

For more information visit:



NO SIGN UP REQUIRED!

Open To All Ramblers

Share the Dream Ally Training

September 30, 2024 | 4:00pm - 6:00pm

October 22, 2024 | 3:00pm - 5:00pm

November 15, 2024 | 5:00pm - 7:00pm

Via Zoom!

Sign Up w/ This Link:

<http://tinyurl.com/ShareTheDream24>



What are Share The
Dream Trainings?



Share The Dream Trainings are offered by Loyola's Center for Diversity (CDI) and Inclusion in conjunction with the Undocumented Student Programs. The trainings are open to all LUC students, faculty, and staff.

FALL 2024

SEP

07

LUCES MENTEE ORIENTATION

10AM-5PM
MUNDELEIN PALM COURT

13

WOC KICK OFF

4-6pm
DAMEN DEN

OCT

11

OCTOBER GATHERING

4-6 PM
DAMEN MPR SOUTH

NOV

22-
24

WOMXN OF COLOR RETREAT

LUREC

SPRING 2025

FEB

21

FEBRUARY GATHERING

4-6PM
TBD

MAR

28

WOC Initiatives + USP ART SHOW

4-6PM
TBD

APR

11

**WOC Initiatives Presents-
LUCES GALA**

4-6PM
REGENTS HALL

WOC INITIATIVES 2024-2025 EVENTS





linktr.ee/qinitiatives

Sept. 26th

Q-Initiatives Kick Off

Open to All Ramblers

5-7 pm

Damen MPR North



Come join Q-Initiatives as we celebrate the start to the '24-'25 academic year! We will be having Drag Bingo and a Community Fair



We strive to host inclusive, accessible events that enable all individuals to participate fully. To request an accommodation or for accessibility inquiries, please contact: diversity@luc.edu



Q-INITIATIVES FALL 2024 EVENTS

OPEN TO ALL RAMBLERS



SEPT 26

Q-KICK OFF: DRAG BINGO

5 - 7 PM | DAMEN MPR NORTH

OCTOBER Q-FUNCTION

5 - 7 PM | DAMEN MPR SOUTH

OCT 10

NOV 1-3

Q-RETREAT @ LUREC

OVERNIGHT | LUREC CAMPUS

TRANS DAY OF REMEMBRANCE

10 AM - 4 PM | TABLING IN DAMEN

NOV 20

TGNC EVENTS

TBD

QTBIPOCEVENTS

TBD

SAFE SPACE TRAININGS

OCT. 17TH | 1 PM - 3:30 PM | ONLINE | STAFF/FACULTY

NOV. 19TH | 10 AM - 1 PM | DAMEN MPR SOUTH | ALL



We strive to host inclusive, accessible events that enable all individuals to participate fully. To request an accommodation or for accessibility inquiries, please contact: diversity@luc.edu

WTC Campus Ministry Fall Schedule



Sundays	MASS: 7pm @All Saints Chapel (Terry Student Center, 3rd floor)
Mondays	JAVA WITH THE JESUIT: 11-12pm @Starbucks (Rush & Pearson) MASS: 12:10pm @All Saints Chapel (Terry Stud. Center, 3rd flr) VINO WITH THE VICAR: 4-5pm @Alpana
Tuesdays	HOSPITALITY: 10:30-12pm @Terry St. Ctr Lobby (coffee, snacks) JAVA WITH THE JESUIT: 11-12pm @Starbucks (Rush & Pearson) MASS: 12:10pm @All Saints Chapel (TSC, 3rd flr)
Wednesdays	JAVA WITH THE JESUIT: 11-12pm @Starbucks (Rush & Pearson) ADORATION: Time TBD @All Saints Chapel (TSC, 3rd flr)
Thursdays	LABRE HOMELESS OUTREACH: 4:30-8pm Sign up at LUCcommunity. Meet @Bauhmart 4th fl Lounge
Fridays	JAVA WITH THE JESUIT: 11-12pm @Starbucks (Rush & Pearson) VINO WITH THE VICAR: 4-5pm @Alpana
Other Groups & Events	<p>Retreats:</p>  <p>SPIRITUAL WELLNESS: (guided meditation & examen) One Monday per month: 12:15-12:50pm @rotating locations</p> <p>IGNATIAN YOGA: Wed., Oct. 16; Time TBD @WTC Fitness Room</p> <p>NUNS ON THE BUS RALLY: Wed., Oct. 9 (Location & Time TBD)</p> <p>COMMUNITY ORGANIZING WORKSHOP 101 + Blanket Making (for Labre Homeless Outreach): Thurs., Oct. 17; 4:30-7pm</p> <p>DIA DE LOS MUERTOS: Sugar Skull & Kite Making: Mon., Oct. 28; 1-2pm Prayer Service: Fri., Nov. 1; 1-2pm @McGuire Hall, 160</p> <p>VIRGEN DE GUADALUPE: Mon., Dec. 9; 1-2pm @McGuire Hall, 160</p> <p>FOR GRADUATE STUDENTS: GRADUATE STUDENT FAITH & FELLOWSHIP GROUP: email ehetzman@luc.edu BEER & CAROLS: Wed., Nov. 20; 5:30-7pm @Dublin's Bar & Grill COZY CORNER (Massage Chairs, Food, Examen): Oct. 2 & Dec. 3; 11-1pm @Kasbeer</p>

QUESTIONS?

Email Father Jerry Overbeck at joverb2@luc.edu or Campus Minister Emily Heitzman at ehetzman@luc.edu.

Campus Ministry
Hospitality



Tuesdays 10:30am-12pm
free coffee & snacks
board games
convos

Join us in Baumhart &
Terry Student Center Lobby!



John Low

Professor
Ohio State University
Pokagon Band of
Potawatomi



Doug Crow Ghost

Director
Standing Rock Sioux
Tribe Department of
Water Resources
Hunkpapa Lakota Tribe



Michele
Hakala-Beeksma

Financial Officer
1854 Treaty Authority
Lake Superior Band
Ojibwe

Indigenous Peoples' Day

Native American Citizenship: Conflicts and Strengths
The Indian Citizenship Act's 100th Anniversary

Expert panelists will discuss strengths and challenges within the Potawatomi, Ojibwe, and Lakota nations and share perspectives on Indigenous rights and environmental justice.

Indigenous food tasting by Executive Chef Jessica Walks First from

Ketapanen Kitchen

Presented by the School of Environmental Sustainability, in partnership with the LUC American Indian Student Circle, LUC Libraries, and the Office of Institutional Diversity, Equity, and Inclusion

October 14 • 4 PM ● Damen Student Center, Sr. Jean Multipurpose Room



LEARN MORE AND RSVP
[LUC.edu/IPD2024](https://luc.edu/IPD2024)



LOYOLA
UNIVERSITY CHICAGO

MAJORS & MINORS FAIR!



DAMEN MPR

**TUESDAY, OCTOBER 22
10AM-1:30PM**

RECEIVE ADVICE ON:

- Majors and Minors
- Study Abroad Opportunities
- Career Growth
- Graduate & Certificate Programs



Understanding Self & Others Group for Graduate/Professional Students

Thursday mornings starting 9/26
Virtual; Time TBA



If interested, please e-mail Nisha Kumar, PsyD
at nkumar5@luc.edu to find out more info or
set up a pre-group screen

All Ramblers
Welcome!



Safe Space Training

Fall 2024

17
Oct

Online

STAFF/FACULTY CENTERED

1:00 PM-3:30 PM

19
Nov

Damen MPR South

STUDENT, STAFF, AND FACULTY CENTERED

10:00 AM-1:00PM

SAFE SPACE TRAININGS ARE INTRODUCTORY WORKSHOPS THAT AIM TO ASSIST INDIVIDUALS WHO WISH TO SUPPORT THE LGBTQIA COMMUNITY OF LOYOLA UNIVERSITY CHICAGO.

REGISTER HERE: <https://linktr.ee/qinitiatives>

WE STRIVE TO HOST INCLUSIVE, ACCESSIBLE EVENTS THAT ENABLE ALL INDIVIDUALS TO PARTICIPATE FULLY. TO REQUEST AN ACCOMMODATION OR FOR ACCESSIBILITY INQUIRIES, PLEASE CONTACT: [DIVERSITY@LUC.EDU](mailto:diversity@luc.edu)





Immigration Services

Who We Are

Palenque LSNA is a catalyst for Black, Brown, Indigenous, and Immigrant communities and allies to take care of one another and take strategic action for systemic change and a just, resilient, and joyful future.

As a Department of Justice (DOJ) Recognized Organization, Palenque LSNA has two in-office DOJ Accredited staff to help DACA recipients renew. We can help you fill out the application and send it via certified mail for you.

Why Choose Us

Scholarships to pay application fees available!

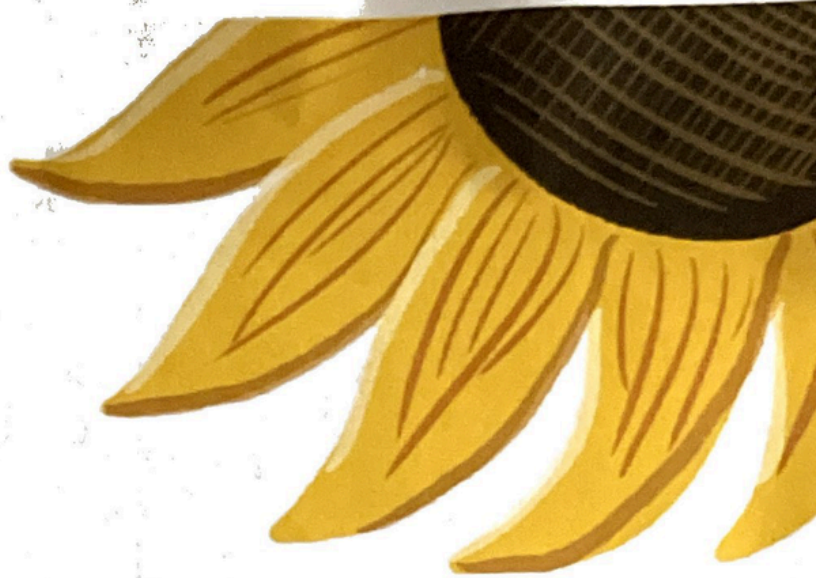
We are able to provide scholarships that would cover the cost of the application fees.

Stay informed on current immigration updates!

We know immigration policies impact our community and can provide you with the latest information.

Referrals

We work with partner organizations to refer clients for services not provided at PalenqueLSNA



Our Services

Apply for Citizenship

- Call us for full list of requirements
- Fee waivers available
- Citizenship workshops offered monthly

DACA Renewals

- Recommended to do 5 months before it expires
- **Scholarship to pay the \$605 filing fee available**

Green Card Renewal

- Recommended to do 6 months before it expires
- Be ready with any previous application filed and current information

Volunteer!

- Find out about ways you can volunteer and give back to the community!





MONARCA: Undocumented Student Support Group

DAMEN STUDENT CENTER

FRIDAY 9:00-10:30AM

90 Minute Weekly Meeting
Target start date: 09/27/2024

To learn more about the group, or to schedule a screening appointment, email Dr. Torres at rtorres14@luc.edu

*A student service partnership between the
Center for Diversity & Inclusion & the Wellness Center*





CENTER FOR DIVERSITY & INCLUSION



Undocumented Student Programs

Undocumented, DACA, and/or Mixed Status? Connect with Undocumented Student Programs. Confidentiality held & honored



USP

Undocumented Student Programs

Damen 116

James Thomas,
Director for USP

773.508.3929

jthomas39@luc.edu



Labre

WATER TOWER CAMPUS MINISTRY

Homeless Outreach Program

Spend your Thursday evening forming relationships with people experiencing homelessness in downtown Chicago, offering both a simple meal and conversation. Then reflect on the experience and related social justice issues with peers.

When: Thursdays from 4:30-8:00pm

Where: Baumhart 4th Floor Lounge



Sign up here



email: labre@luc.edu

VOTE!

Engage Others to Vote

- Our [Voter Registration Tool Kit](#) includes everything you need to run a successful voter registration drive;
- Faculty can find [resources and ideas](#) for the classroom, including a slide you can download, edit, and share with students to help them be #voteready;
- Students can find [sample voter activities that tie to all nine competencies](#) to add to their Educational Contracts.

Get yourself #VoteReady

- Using your phone: [Check your voter registration status](#)
- Decide where you will vote:
 - In person at school or home;
 - or absentee ballot
- Register or update your registration
- Research candidates:
 - Sample ballots available 31 days before election
 - Find information about candidates: [Vote411.org](#), [Ballotpedia](#)
- Request absentee ballot or find your polling location
- Consider working at the polls during the election

For more information go to [Votingissocialwork.org](#)



[s.uconn.edu/VoteSW](#)



Verify your voter registration in less than 30 seconds!

Also register, request an absentee ballot application, sign up for election reminders, and so much more!



Know the facts and build power in your community!

- Most people with felony convictions regain the right to vote. Go to [restoreyourvote.org](#) for more information
- Unhoused individuals can register and vote in all 50 states.
- Survivors of domestic violence can apply for a confidential address in every state.

Note: In states without online registration, prefilled forms will be sent to the person's address or email address.

Voter registration must be updated if you have:

Moved

Changed your name or gender

Changed your political party

Haven't voted in 2 federal elections



Check Yours Today!

Job Opportunities

The Tutoring Center is excited to announce the opening of the spring 2025 Tutoring Center Supplemental Instruction (SI) Leader and Peer Tutor applications! More information can be found below and on the Tutoring Center website.

What Tutoring Center student leader positions are available?

- Supplemental Instruction (SI) Leader
- Group and One-on-One Peer Tutoring
 - ACE Tutoring

Position qualifications:

- 3.2 Minimum Cumulative GPA
- At least an A- earned in course(s) wishing to serve as an SI Leader or Peer Tutor
 - Full time (12 or more credits) undergraduate student
- Recommendation from a faculty member in the subject area they wish to tutor/SI
- Attend a mandatory in-person pre-semester training in January 2025
 - Attend bi-weekly staff meetings Wednesdays at 4pm or 6pm
- Excellent leadership, communication, and interpersonal skills
- Ability to facilitate a learning environment from groups of 1 to 30 students

Help and Self-Care

Who to call instead of 911

A resource guide (Chicago Edition)



MENTAL HEALTH/SUBSTANCE ABUSE

Illinois Helpline for Opioids & Other Substances
833.2FINDHELP

NAMI Chicago
833.626.4244

National Suicide Prevention Hotline
800.273.8255

Crisis Textline
Text HOME to 741741

Illinois Warm Line
866.359.7953

*If you have to call 911 - ask for a C.I.T. (Crisis Intervention Team)

DOMESTIC VIOLENCE & SEXUAL ASSAULT

Between Friends
800.603.4357

Rape Crisis Hotline
888.293.2080

State of IL Domestic Violence Hotline
800.863.6338

STARS
773.769.0205

Mujeres Latinas en Accion
312.226.3350

Connections for Abused Women and their Children
773.278.4566

LGBTQ+ RESOURCES

The Trevor Project
866.488.7386

Transformative Justice Law Project of Illinois
312.558.1472

Trans Lifeline
877.565.8860

Center on Halsted
773.472.6469

LGBTQ+ Violence Hotline
773.871.2273

Broadway Youth Center
773.388.1600

HOUSING & OTHER RESOURCES

Housing Opportunity for Women
773.465.5770

LaCasa Norte (Rapid Rehousing)
773.276.4900

Housing Authority of Cook County
312.663.5447

National Immigrant Justice Center
312.660.1370

Covenant House Illinois (Youth)
312.759.7888

Sex Workers Outreach Project Chicago
312.252.3880

THE LINE

For support and resources for sexual and relationship violence

- confidential
- staffed by trained advocates

Monday - Friday 8:30am-5pm
24 hours on weekends when classes are in session



Scan this code to save this # in your contacts

773-494-3810

Are you a young person of color?



Feeling down, stressed and overwhelmed?

text STEVE to 741741

A live trained Crisis Counselor will receive the text and respond to you quickly to provide support.

Wellness Center Groups to

OPEN TO ALL
RAMBLERS

MANAGE

identity-based stressors

WE HEAL WITH OTHERS



Black Grad Support
Wednesdays 4-5:15pm
Virtual



LGBTQIA+ Student Support
Fridays 1:30-3pm



Cafecito Chat
Tuesdays 2-3pm



Womxn of Color Support
Wednesdays 2-3pm



**Monarca: Undocumented
Student Support**
Friday 9-10:30am



LEARN MORE

WWW.TINYURL.COM/GROUPSFALL2024

START THE WEEK WITH SELF-CARE

Practicing self-care is important. Try these simple tips to reduce stress and improve your mood and energy.



GO FOR A WALK

Feel the air or the warmth of the sun.



TAKE A BREATH

Take a pause with some deep breaths.



YOGA MOMENT

At your desk or in your living room, do some relaxing moves.



TAKE A WARM BATH

This is also a way to take a digital break from your phone and/or computer.



CALL A FRIEND

Catch up and share the latest. This will boost your happiness and it's a natural way to destress.



SLEEP

Go to bed early, read, relax, do some bed yoga, sleep soundly, and wake up refreshed!

#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**