

July 6, 2022

This week of events focuses on physical and mental wellbeing on campus. As the Director of Counseling Services, this topic is close to my heart. Recent world events - including the Covid-19 pandemic, racial-based violence, and economic struggles - have challenged our bodies and minds. If these things have impacted you, you are not alone. We want to walk alongside you in the struggles and work towards healing for ourselves and our world.

We have many programs that seek to provide support through difficult times and help students flourish. Our [medical services](#) and [counseling services](#) staff are located in Pennell House and offer inclusive and holistic ways to heal and grow.

- Meet and Greet: Counseling and Medical Services
 - [Thursday, July 7th 5-6pm, via Zoom](#)
 - Hear from and talk with our nurse, [Michelle Tritschler](#), and our Director of Counseling Services, [Kelsey Hofer](#)
 - See a virtual tour of the Wellness Center on campus (see below)



Antioch College also has a gorgeous [Wellness Center](#). You'll have access to the Wellness Center and all of the amenities for free during your time here! In addition to these spaces, which are open daily, numerous health and wellness based activities happen weekly, such as Yoga classes, gym programs, and Emotion Art Workshops. You can find a list of our classes, amenities, hours, and more at the website linked above.



We understand that your transition to Antioch might be a time of change for your support folks and families, too. The Student Affairs team is hosting a session this week for them to provide a space for sharing, answering questions, and providing general information about the move-in and on-campus experience.

- "Supporting Your Antioch Student" Info Session for Parents/Families
 - [Thursday, July 7th, 12-1pm, via Zoom](#)
 - Meet and talk with some of our Student Affairs team, including session host Assistant Dean of Students, [Sherri Sadowski](#)

You can always visit our [New Student Orientation](#) page for previous communications and information related to your orientation. I'm looking forward to meeting you in person next month!

Take care,
[Kelsey Hofer, MS, LPCC \(she/her\)](#)
Director of Counseling Services