

## **CWRU Support Services & Programs**

A variety of resources are available within the university to help faculty and staff manage their work and home lives during the pandemic. These links provide a gateway to online information, supportive and informative videos, program registration, and other helpful details. We encourage you to become familiar with the links below.

### **[Coping with Uncertainty](#)**

HR recently created a new webpage with links to university resources such as the [Impact Solutions EAP](#) (for counseling support and education resources – each faculty and staff member (and their dependents) get 5 free sessions per problem per year), Wellness Programs and recordings (with titles such as “Coping with Difficult Emotions”; “How to Cope with Staying at Home”; Caring for Children 10 and under in the Content of Chronic Stress”; Caring for Tweens and Teens in the Content of Chronic Stress”; “Skills to Help you Weather the Storm”; “How to Stay Sane and Resilient While Working from Home”; resources to manage financial stress, etc.); Weatherhead Executive Coaching recordings; and “How to Keep Your Team Engaged” by the Professional Development Center.

### **[Childcare Resources](#)**

Our EAP, Impact Solutions, provides helpful resource and referral information.

### **New Programs**

You may wish to refer regularly to the following websites to keep up to date on new registration opportunities for a variety of supportive and educational programs.

### **[Wellness Website](#)**

In addition to programs featured in the link above, the Wellness Program sends out a monthly newsletter with information about all new programs and services available to benefits-eligible faculty and staff. All faculty and staff currently enrolled in the Wellness Incentive Program should already receive the newsletter. The Wellness Program also sends out a Wellness Update message every two weeks. Please let Elizabeth Click ([erc10@case.edu](mailto:erc10@case.edu)) know if you would like to be added to our distribution list for either the newsletter or update.

### **[Professional Development Center](#)**

### **[Weatherhead Executive Education Connections Webinars](#)**

### **COVID-19 Information**

A [list](#) of all university campus communications about COVID-19 is posted.