

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) 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.