



Words About Wellness

The **PM&R and Rehabilitation Services Wellness Committee** would like to invite you to share recommendations regarding your favorite books, articles, and documentaries/films about wellness. Please e-mail Drs. Karla Thompson or Susan Gaylord with your suggestions and comments.



CAROLINA WOMEN'S CENTER

THE CENTER FOR GENDER EQUITY

Last week, UNC's Association of Professional Women in Medical Sciences (APWIMS) and Women in Science Deserve Opportunities and Mentoring (WISDOM) programs co-sponsored a presentation on resources for dealing with sexual harassment in the University setting. Clare Counihan, Program Coordinator for Faculty and Staff at the Carolina Women's Center, and Rachel Valentine, Community Education Director, Orange County Rape Crisis Center, provided information about a wealth of resources. One of those resources is the Carolina Women's Center (CWC).

The mission of The Carolina Women's Center is to create an inclusive education and work environment where gender is not a barrier to success, difference and diversity are celebrated, and everyone is safe to live, learn, teach and work without threat of harm of unequal treatment.

Student programs offered by the CWC include alternative break trips, the Moxie project, and Gender Week. Programs for faculty and staff include gender-related training and **Faculty Scholars grants**. The **HAVEN** program provides workshops for faculty, staff, and students who want to become informed allies for survivors of sexual assault, stalking, and relationship violence. HAVEN is a collaboration through the Equal Opportunity and Compliance Office, Dean of Students, Student Wellness, and the CWC.

CWC's **Gender-based Violence Services Coordinator** is a confidential advocate to all students, faculty, and staff who have experienced, or are experiencing, interpersonal violence and gender-based violence, either before or during their time at UNC.

Learn more at <https://womenscenter.unc.edu>