Student Affairs and Services includes:

- **VP SAS**
  studentaffairs.msu.edu

- **Office of Cultural and Academic Transitions**
  ocat.msu.edu

- **Student Veterans Resource Center**
  veterans.msu.edu

- **The Gender and Sexuality Campus Center**
  gsc.msu.edu

- **Recreational Sports and Fitness Services**
  recsports.msu.edu

- **Student Parent Resource Center**
  studentparents.msu.edu
Student Affairs and Services is part of your community:

- Registered Student Organizations
- Leadership Development
- Volunteering and community involvement
- Health and recreation
- Advising for majors, jobs and internships
Student Health & Wellness Includes:

- Health Services
  olin.msu.edu

- Health Promotion
  healthpromotion.msu.edu

- Counseling & Psychiatric Services (CAPS)
  caps.msu.edu

- Center for Survivors
  centerforsurvivors.msu.edu

- MSU Safe Place
  safeplace.msu.edu
CAPS Services Include:

• CAPS Connect
• Group, Individual and Relationship Counseling
• Psychiatry
• Intensive Clinical Services
• Outreach Services
• Crisis Services
• Referral Coordination
Health Promotion Services Include:

- Alcohol & Other Drugs Program
- Collegiate Recovery Community (CRC) Program
- Nutrition Services
- Sexual Wellness Program
- SPARTANfit Fitness & Wellness Program
- Student Involvement and Support
  - SOAR: Students’ Organization for ALL Recovery
  - SEBA: Spartans Empower Body Acceptance
  - MSU Student Food Bank
  - SHAC: Student Health Advisory Council
Health Services at Olin Health Center

- Allergy & Immunization Clinic
- Primary Care Clinic
- Women’s Health
- Laboratory
- Physical Therapy
- Radiology (X-ray)
Join Us

• **Group counseling** and **CAPS Connect** kick off September 13.

• **Replenish**, a monthly CAPS program celebrating women and femmes of color begins September 10.

• **Well-Being Wednesdays: Reunited in Motion** begins at 11:30 a.m. every Wednesday in September at Dem Hall Field. Join us for therapy dogs, fitness activities, mindfulness activities and more.

• **Fitness assessments are free** for the month of September through Health Promotion.

• **THRIVE! Fitness Program**: The 12-week program includes fitness assessments (pre and post), wellness coaching, weekly group workouts with a certified personal trainer, weekly fitness & wellness challenges and check-ins and more.

• Registration for the **Peer Body Project**, focusing on body acceptance for young women begins at the end of September.