ENGINEERING WELLNESS

OCTOBER 2026 - ISSUE #6

MONTHLY NEWSLETTER



Engineering Wellness

Location: Mudd 530

Contact: seas-wellness @columbia.edu

Operating Hours: 9am-5pm

Upcoming Events



PAINT & SIP
November 9th



MUNCH MARKET
November 18th

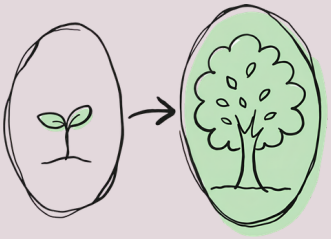
Check out the ESA Student Life newsletter for detailed events info

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October

Theme: Growth



SEAS WELLNESS EVENTS

- Paint and Sip
- Do's and Donuts



CAMPUS RESOURCES & INFORMATION

24/7 CU Support

- Public Safety: 212-854-5555
- CPS: 212-854-2878

Columbia Health

- health@columbia.edu; 212-854-2284





Any questions or concerns? Email: seas-wellness@columbia.edu

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November

Theme: Nourish



WELLNESS AT CU



- Upcoming Engineering Wellness Events
  - Paint & Sip: November 9th

Munch Market: November 18th

- Upcoming CU Events
  - Fort Washington Green Market (November 3)
  - Stimulant Misuse | Virtual Well-being Workshop (November 10)
  - Lights on the Plaza 2026 (November 17)
  - Reducing and Managing Stress (November 19)
  - For more events see **CU Event Calendar**

WELLNESS IN NYC

- Bryant Park Winter Village

October 28 – February 28

- 100th Macy's Thanksgiving Day Parade

November 26





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RELATIONSHIP VIOLENCE AWARENESS



Every October, Columbia's Sexual Violence Response recognizes Relationship Violence Awareness Month (RVAM) to raise awareness about violence in intimate relationships and its impact on our community.

Students are encouraged to learn more, attend campus programs and events, and explore resources that support healthy relationships and survivors of relationship violence.



COLUMBIA HEALTH

SEXUAL VIOLENCE RESPONSE

24/7 support is available 365 days a year via the SVR Helpline at **212-854-4357.**

https://www.health.columbia.edu/content/sexual-violence-response-0