

Employee Programs & Services

The Center for Well-Being is a hub for supporting the holistic well-being of the entire campus community. The following Center for Well-Being services and programs are offered to faculty and staff to foster their vitality (managing cognitive, physical, emotional, social, and spiritual energy), enhance meaning and purpose, strengthen relationships, and build community.

CONTACT

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WPI offers additional wellness resources to support for employee's physical, emotional, and financial wellness. [Visit WPI Benefits Website to learn more.](#)

CWB SPACE: Daniels/Morgan Wedge, Room 102

Wellness Hub



Rest and Reflection Room/Prayer Space



Room reservations



Online Resources

Vector Solutions



The Digital WellSort



Employee Programs

MIEA Mindfulness Meditation



ProjectConnect



Student Support Network (SSN)



Workshops

| | |
|---|---|
| Recognizing and Responding to Student Distress (RRSD) | + |
| Question, Persuade, Refer (QPR) | + |
| WellSort In-person Workshop | + |

Drop-in Events and Programs

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|--|---|
| Wellness Days | + |
| Reiki | + |
| Drop-in Mindful Wednesday/Mindful Thursday | + |