

# *the Center* for women & men

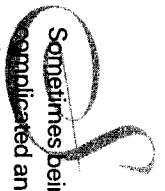
## O u r M i s s i o n

The Center strives to increase  
access and retention of  
UCLA students by assisting  
them with overcoming  
gender-based roadblocks  
to academic, personal,  
and professional success,  
and by addressing issues  
affecting campus climate.



*A trusted place to talk*

2 Dodd Hall  
Monday - Friday, 8 am - 5 pm  
310 825-3945  
[www.thecenter.ucla.edu](http://www.thecenter.ucla.edu)

 Sometimes being a UCLA student can be complicated and occasionally feel overwhelming, especially for students who are new to the university experience or to our campus. Trying to balance your classes with work and family responsibilities and at the same time developing new relationships with roommates, friends, dates, or partners can create concerns and raise questions about:

- ✓ Self esteem
- ✓ Relationships
- ✓ Body image
- ✓ Health & wellness
- ✓ Sexuality & sexual orientation
- ✓ Personal safety
- ✓ Academic success
- ✓ Campus resources

The Center for Women & Men provides a confidential environment to get information, discuss concerns, or to ask questions. We can help you to navigate the campus and its many services by knowing the campus well and by getting you to the right office or person to help you meet your specific needs.

The Center offers a broad range of services to assist you while at UCLA including:

- **Individual Counseling and Referrals for Women and Men** about relationships with self, family, roommates, friends, and the many others in your life.
- **Skills-Building Workshops** with campus and community experts on topics such as assertion training, enhancing self-confidence, building healthy relationships, communication skills, developing a healthy body image, sex & sexuality, stress reduction, balancing multiple roles, and active participation in the classroom.
- **Re-Entry and Non-Traditional Student Services** – One-on-one counseling, workshops, and support services for re-entry and non-traditional students (undergrads over 25 and grads over 29 or students with children).
- **The Catalyst Mentorship Program** for undergraduate students in the life and physical sciences, matches you with a graduate or faculty mentor. Come get tips about your career path and how to avoid gender-based roadblocks in the sciences.
- **Sexual Violence Prevention, Education, & Counseling** – The Center provides free and confidential counseling and referrals to students, staff, or faculty who have experienced sexual assault, sexual harassment, battering, stalking, or other forms of sexual violence in their lives or the lives of those close to them. The Center offers free self-defense workshops for UCLA students, staff, & faculty, as well as a variety of workshops designed to help increase your personal safety.
- **Leadership Development Opportunities & Outreach Services** – Come by The Center to see how we can help you to develop your leadership skills. The Center is also available for consultation with student groups and departments.
- **Visit our web site at:**  
[www.thecenter.ucla.edu](http://www.thecenter.ucla.edu) and check out Eguv - The Center's question and answer web page by and about men at: [www.saonet.ucla.edu/eguv](http://www.saonet.ucla.edu/eguv)