

Penn Campus Resources (In-Person & Virtual)

African American Resource Center

3643 Locust Walk Philadelphia, PA 19104-3199 | (215) 898-0104 | aarc@upenn.edu

AARC is a resource center dedicated to enhancing the quality of life of faculty, staff, and students at the University of Pennsylvania with a particular focus on those of African descent.

- advocacy, counseling, information & referral, workshops and informational sessions, and many advertised events throughout the year. You may also email us at aarc@upenn.edu to inquire about our [services and the wonderful programs](#) we offer. Any person associated with the university may use our free and confidential services as needed.

Albert M. Greenfield Intercultural Center (GIC)

3708 Chestnut Street | 215-898-3358 | <http://www.vpul.upenn.edu/gic/> | @GICPenn

**Enhances student's intercultural knowledge, competency, and leadership through programs, advising, and advocacy*

- Virtual Offerings
- Virtual office hours

Alcohol and Other Drug Initiatives

3535 Market Street, Mezzanine | 215-573-3525 | <https://aod.wellness.upenn.edu/>

**Offers proactive crisis management and provides brief alcohol and drug interventions through the First Step Program*

- Virtual Offerings
- First Step Program: Counseling sessions are available for students experiencing alcohol or substance use concerns. Contact Ken Galazka, Associate Director, at kgalazka@upenn.edu
- Recovery Support: See AOD website for links to virtual recovery support meetings

Campus Health

3535 Market Street, Mezzanine | 215-746-3535 |

https://campushealth.wellness.upenn.edu | @healthypenn

**Disease surveillance and prevention, health education and promotion*

Virtual Offerings

- Coronavirus Information
- Meditation archive and live guided meditation Thursdays at 12pm

Campus Recreation

3701 Walnut Street | 215-898-6100 | <https://recreation.upenn.edu/> | @penncampusrec

**Community fitness center with exercise equipment & studios*

Virtual Offerings

- Live Group Exercise classes
- Remote resource hub with free resources and workouts

Career Services

3718 Locust Walk | 215-898-7531 | <https://careerservices.upenn.edu/> |

@penncareerserv

**Assists students and alumni obtain permanent and short-term career-related employment and graduate and professional school admission. The office helps students define their career goals and learn how to achieve them.*

- Virtual Offerings
- Advising appointments and same-day virtual “drop-ins” available through Handshake
- Document review
- Extensive career-related online resources available on website

Office of the Chaplain

3417 Spruce Street, 240 Houston Hall Philadelphia, PA 19104 | 215-898-8456 |

<https://chaplain.upenn.edu/>

**The Chaplain supports the academic mission of the University by facilitating and encouraging initiatives concerned with the moral, ethical, and spiritual dimensions of university life.*

- SPARC – a home on campus for religious and spiritual students and groups: 240 Houston Hall 10-9 Mon-Thurs, 10-5 Fri.

Counseling and Psychological Services (CAPS)

3624 Market Street, First Floor West | 215-898-7021 (24/7) Press #1-Speak to a professional. (24/7) Press #2-Schedule an appointment with the front desk See website for regular business hours and virtual business hours. | <https://caps.wellness.upenn.edu>
| @pennCAPS

**Offers individual and group therapy, outreach programming, medication management, and referral services*

- Virtual Offerings
- Telehealth: M-F 9:30am to 4:30pm
- A clinical presence at Student Health: M-F 9:30am to 1:30pm Available by phone: 215-898-7021 (24/7)
- Let’s Talk: Call 215-898-7021, press 2, and ask to connect with the Let’s Talk counselor

- Virtual groups/workshops
- Mental health & COVID-19 resources

Department of Public Safety/Penn Police

4040 Chestnut Street | 215-898-7297 | Emergencies: 215-573-3333 (511 from campus phone) | <http://www.publicsafety.upenn.edu/UPPD/>

**Offers confidential crisis intervention, victim/survivor support, crime investigation, and a safety education program*

- Offerings
- Free socially-distanced walking escort service (24/7): Call 215-898- WALK (9255) or 511 (from a campus phone), ask any Public Safety Officer on patrol or inside a building, or use a blue-light phone located on and off Penn's campus.

Employee Assistance Program (EAP)

1-866-799-2329 | <https://www.hr.upenn.edu/PennHR/wellness-worklife/counseling-and-employee-assistance-program>

**Provides faculty/staff and their families access to free, confidential, 24/7 counseling and referral services for personal/professional life*

- Virtual Offerings
- Telephone and video counseling 24/7: Call 1-866-799-2329

Graduate Student Center

3615 Locust Walk | 215-746-6868 | <http://www.gsc.upenn.edu/> | @upenn.gradcenter

**Encourages the development of Penn's graduate and professional student community through academic and social initiatives*

- Virtual Offerings
- Virtual events

Information Systems & Computing

3401 Walnut Street, Suite 265C | 215-898-1000 | <https://www.isc.upenn.edu/>

**Collaborates with the Penn community on IT services that enhance and support the mission of the University*

- Virtual Offerings
- Remote IT support

International Student and Scholar Services (ISSS)

3701 Chestnut Street, Suite 1W | 215-898-4661 | <http://global.upenn.edu/iss> | @iss.penn

** Provides core services to international students, visiting scholars, faculty and academic departments at the University of Pennsylvania including advice, information and referrals on matters such as immigration, employment and more*

- Virtual Offerings
- Covid-19 resource hub Virtual advising

La Casa Latina, The Center for Hispanic Excellence

3601 Locust Walk | 215-746-6043 | <http://www.vpul.upenn.edu/lacasa/> | @casalatinapenn

**Provides a community space designed to serve the needs of all Latino students and the Penn communities at-large*

- Virtual Offerings
- Cafecito con La Casa Latina virtual hangout Fridays at 3pm EST via BlueJeans
- La Casa Power Hour, a virtual space for students to study together, Saturdays at 12pm EST via BlueJeans

Lesbian Gay Bisexual Transgender (LGBT) Center

Carriage House, 3907 Spruce Street | 215-898-5044 | www.vpul.upenn.edu/lgbtc/ | @pennlgbt

**Supports Penn lesbian, gay, bisexual, and transgender students, staff, alumni, and faculty and increases the general Penn community's understanding and acceptance of its sexual and gender minority members.*

- Virtual Offerings
- Virtual office hours: M-F, Erin: 10am-11am and Malik 4pm-5pm
- Virtual events

MAKUU Black Cultural Center

3601 Locust Walk | 215-573-0823 | www.vpul.upenn.edu/makuu | @MakuuPenn

**Serves as a cultural hub for personal, professional, and academic growth for students of and interested in the African Diaspora.*

- Virtual Offerings
- Virtual office hours: M-W, 1pm-2pm or email for a one-on-one check in
- Virtual Makuu living room hangout Fridays at 1pm via BlueJeans

Office of Student Conduct (OSC)

3440 Market Street, Suite 400 | 215-898-5651 | www.upenn.edu/osc

**Acts on behalf of the University in matters of student discipline.*

- Virtual Offerings
- Student meetings will be held virtually by request Refer a case here

Office of The Chaplain & The Spiritual and Religious Life Center (SPARC)

3417 Spruce Street, 240 Houston Hall | 215-898-8456 | <http://www.upenn.edu/chaplain/>
| @pennsparc

**Provides oversight and coordination of religious activities on the campus. The Chaplain supports the academic mission of the University by facilitating and encouraging initiatives concerned with the moral, ethical, and spiritual dimensions of university life.*

- Virtual Offerings
- Daily SPARC (messages of support and encouragement)
- Staff available for virtual appointments, contact information here

PAACH (Pan-Asian American Community House)

3601 Locust Walk, Suite G22 | 215-746-6046 | www.vpul.upenn.edu/paach |
@paachatupenn

**Opened in the Fall of 2000 in response to students' calls for a cultural resource center at the University of Pennsylvania where South Asian, Southeast Asian, East Asian, and Pacific Islander cultures could be celebrated.*

- Virtual Offerings
- Virtual Drop-in & Visit the PAACH Living Room:
For the month of April: Monday-Friday, 12-2pm & 3-5pm EST via

Weekly newsletter signup here.

- Contact PAACH Staff Anytime Directly: pvan@upenn.edu
(hyoshida@upenn.edu, jabelus@upenn.edu)
- BlueJeans (event information here)

For the month of May: Monday-Friday, 2-4pm EST via Zoom (event information here)

- Stay engaged with PAACH through Instagram, Facebook, and Twitter
Peter Van Do (215-746-6048), Hitomi Yoshida (215-746-6046), and Julienne Abelus (

Penn Libraries

Multiple locations: <https://www.library.upenn.edu/about/locations> | 215-898-7555 |
<https://www.library.upenn.edu/>

- Virtual Offerings
- Talk with a librarian, eBooks, videos, teaching and learning resources, and tech support here

Penn Violence Prevention (PVP)

3535 Market Street, Mezzanine Level M-Th 9-5; Fri 9-12 3643 Locust Walk, (Penn Women's Center) Fri 12-5 | 215-746-2642 | <https://www.vpul.upenn.edu/pvp/> | @penn_pvp

**Engages the Penn community in the prevention of sexual violence, relationship violence, and stalking on campus and serves as a confidential resource for students impacted by these issues.*

- Virtual Offerings
- Virtual office hours: M-F, Katie: 10am-11am, Rae: 12pm – 1pm, and Malik: 2pm-3pm
- Contact by email: Katie (kchock@upenn.edu) and Malik (malikw@upenn.edu)
- Virtual events

Penn Women's Center

3643 Locust Walk | 215-898-8611 | www.vpul.upenn.edu/pwc/

**Provides advocacy, resources, confidential crisis counseling and educational programming.*

- Virtual Offerings
- Virtual check-ins: T, 11am-12pm and Th, 3pm-4pm
- Virtual events
- Sign up for PWC's weekly newsletter here

Special Services Unit (Department of Public Safety)

4040 Chestnut Street | 215-898-6000 (24/7) | www.publicsafety.upenn.edu

**Offers confidential crisis intervention, victim/survivor support, crime investigation, and a safety education program.*

Student Health Services and Women's Health

3535 Market Street, Suite 100 | 215-746-3535 | <https://shs.wellness.upenn.edu>

**Provides medical care to Penn students for all health-related concerns.*

- Virtual Offerings
- In-Person Visits: M-F 9:30am – 1:30pm
- Telehealth Services: M-F 9:30am – 4:30pm
- Evenings and Weekends: 215-746-3535 (Option 3)

Student Intervention Services (SIS)

3611 Locust Walk | 215-898-6081 | www.vpul.upenn.edu/student_intervention.html

**Helps the University community deal with emergencies or crises involving the welfare and safety of our student. A member of the SIS team is available to assist University community members who are helping a Penn Student through a crisis.*

The Writing Center

3808 Walnut Street | 215-573-2729 <http://writing.upenn.edu/critical/wc/>

- Virtual Offerings
- Online appointments

Weingarten Learning Resources Center:

> The Tutoring Center

220 South 40th Street, Suite 260 | 215-898-8596 | <http://www.vpul.upenn.edu/tutoring/>

**The Tutoring Center offers undergraduate students a variety of options to supplement their academic experience.*

- Virtual Offerings
- Tutoring support during finals: During the scheduled final exam period, students assigned a tutor will be permitted to continue meeting with that tutor virtually. However, satellite locations will be closed. Additionally, Tutoring Services provides support for high need classes in a series of virtual events. More information will be available on the Tutoring Center website the week prior to the start of final exams.

> Student Disability Services

Stouffer Commons, 3702 Spruce Street, Suite 300 | 215-573-9235 |

<https://www.vpul.upenn.edu/lrc/sds/>

**provides comprehensive, professional services and programs for students who self-identify with disabilities*

- Virtual Offerings
- SDS Support Services
- SDS staff members are available by phone and email to answer questions from members of the University community about accessibility and accommodations.

> Office of Learning Resources

Stouffer Commons, 3702 Spruce Street, Suite 300 | 215-573-9235 |

<https://www.vpul.upenn.edu/lrc/lr/>

**Provides academic support services and programs including professional instruction in university relevant skills (e.g., study strategies)*

- Virtual Offerings

- Students can schedule 50-minute virtual meetings to discuss their study strategies and approaches to a variety of academic assignments and assessments.
- Customized Virtual Workshops
- Virtual Learning Strategies Workshops
- [Workshop Request Form](#)

Student-Led Peer Support Resources...

Penn Benjamins

<http://pennbenjamins.weebly.com> | @pennbens

**Penn Benjamins is a peer counseling group run by students, for students at Penn. No virtual offerings at this time.*

Reach A Peer Helpline (RAP Line)

Call (9pm – 1am): 215-573-2727 | Text (24/7): 215-515-7332 |

<https://www.vpul.upenn.edu/rap-online/> | @RAPLine

**The Reach-A-Peer Helpline is a peer help line to provide peer support, information, and referrals to any and all students.*

- Virtual Offerings
- Phone line is closed, but text line is open 24/7: 215-515-7332

UMOJA

<https://www.umojaupenn.org/board> | Facebook: UMOJA, Instagram: @Umoja_penn

**UMOJA is an overarching student organization uniting student groups of the African Diaspora and facilitating collaboration, representation, and the dissemination of resources and information.*