



NEW STUDENT RESOURCE BOOK

Brought to you by the Department of Student Affairs

Go Navigators!

In this resource book you will find helpful information about Goodwin University's resources to be a successful student here at Goodwin. Welcome to the Goodwin Family.

Goodwin University Resource Book

New Student Resource Book

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Welcome to Goodwin University!

Our entire team is here to support you as you pursue your academic and personal goals. Our dedicated faculty and staff are committed to providing you with an exceptional educational experience that prepares you for a fulfilling career and a lifetime of learning. We are here to support you every step of the way.

As a student at Goodwin, you can access resources that enable you to excel academically and personally. We provide a wide range of programs and services designed to help you succeed, including tutoring through our academic success center, counseling, accessibility services, career services, and much more.

In addition, Goodwin offers many supportive services, including the Ann B. Clark Co-op, veteran's services, and a vibrant campus community with numerous activities to explore. I encourage you to take advantage of the many opportunities available to you. Meet other students and get involved in campus life.

We are thrilled to have you join our community and look forward to seeing you around campus and online.

Sincerely,



Michael Pardales

Provost and Vice President for Academic Affairs Administration

One Riverside Drive - 6th Floor MPardales@goodwin.edu

Meet the Assistant Deans of Student Affairs



Eric Emet

Assistant Dean for Student Affairs, Director of Athletics, and Instructor of MSOL
Student Affairs / School of Business, Technology, and Advanced Manufacturing
One Riverside Drive - 217
860-727-6793
eemet@goodwin.edu



Danni Millett

Assistant Dean of Students, Student Conduct Officer
Student Affairs
One Riverside Drive - 217
860-913-2149
dmillett@goodwin.edu

Helpful Resources

Academic Calendar 	Lists important dates for the semester. Bookmark the page so you can refer to it as need be.	
Academic Catalog 	Contains course listings, school policies, and other university information.	
Academic Success Center (Tutoring) 	The Academic Success Center (ASC) provides free tutoring to all Goodwin students by appointment. Check the website for details. (860) 913-2090	
Ann B. Clark Community Co-op 	The Ann B. Clark Community Co-op serves members of the Goodwin community and includes access to our campus food pantry. (860) 913-2185	
Bookstore 	The bookstore sells textbooks and other course materials. (860) 727-6721	
Business Office 	The Business Office is responsible for the billing and collection of tuition, fees, and miscellaneous charges that students incur while attending Goodwin. (860) 727-6784	
Career Services 	The Office of Career Services offers students and alumni resources and assistance with their career development, preparation, and access to an online job board.	
Case Management and Student Response Fund 	Case Management connects students with internal and community resources to assist in navigating personal challenges that may arise during their time at Goodwin. Currently enrolled students can request emergency financial assistance for energy utilities, food, housing, and technology support for courses.	 

Counseling 	Mental health services such as crisis intervention, individual, family, and group counseling are offered at One Riverside Drive. There is no cost to students. (860) 913-2395	
Disability and Access Services 	Disability and Access Services ensures that all aspects of campus life are universally accessible through resources, education, and direct services. (860) 727-6718	
Financial Aid 	The Financial Aid Office helps students identify financial aid opportunities that make attending college more affordable. They will also assist with filling out FAFSA forms. (860) 727-6723	
Hoffman Family Library 	The Hoffman Family Library provides a variety of educational resources to the Goodwin community. (860) 913-2042	
IT (Information Technology) 	The IT department issues campus ID badges and offers support for My Navigator Log In, email, and Microsoft applications. A full list of services can be found on the IT website listed below. (860) 727-6743	
My Navigator Log-in 	My Navigator allows students to log into all their Goodwin applications in one place.	
Navigator Discount Program 	The Navigator Discount Program features local businesses who have partnered with Goodwin to offer discounts to students, alumni, and employees.	
Online Studies 	The Online Studies department is the foundation of Goodwin University's online coursework and offers Canvas and Colleague support for students and faculty. Canvas Support: 860-913-2152 GUsupport@goodwin.edu Colleague/ Self-Service Support: selfservice@goodwin.edu	

Registrar's Office 	The Registrar's Office oversees student status, course registration, student transcripts, official records, immunizations and more. (860) 727-6708	
Student Engagement 	The Office of Student Engagement connects students with activities, groups, and events to enrich and enhance their Goodwin experience.	
Student Handbook 	Contains the Student Code of Conduct and lists student policies, rules, and regulations. Scan the QR code below to view the 2024-2025	

All of the above information and more can be found on Goodwin's website. Scan the QR code below to navigate to the Goodwin.edu homepage.



Guide to Asynchronous, On-Ground, or Hybrid Courses

Guide to Asynchronous, On-Ground, or Hybrid Courses

What equipment do I need to participate in an asynchronous course?

You need the following essential equipment to participate in asynchronous online learning effectively.

Reliable Computer	You need a desktop or laptop that has a reliable internet connection and sufficient processing power to handle online learning applications and multimedia content.
High-Speed Internet 	A stable and fast internet connection is essential for seamless online learning.
Webcam	A webcam might be needed to record assignments when asked.
Microphone	A microphone might be needed for audio recording when asked.
Comfortable, Quiet Workspace	You will need a comfortable, quiet, and distraction-free workspace. This could be a desk or a table and a chair in the corner of a room.

What can I do to maximize my success in an asynchronous course?

Students who are successful in an asynchronous course have self-discipline, self-motivation, professional ethics, and confidence in their ability to learn independently.

Get Organized	Review the course syllabus and due dates. Then, enter critical dates and deadlines in your calendar.
Set Study Time 	Create a weekly schedule dedicating time each day for learning and completing tasks.

Guide to Synchronous Online Courses

Guide to Synchronous Online Courses

What equipment do I need to participate in synchronous learning effectively?

You need the following essential equipment to participate effectively in synchronous online learning and get the most out of the experience.

Reliable Computer	Your desktop or laptop must have a reliable internet connection and sufficient processing power to handle online learning applications and multimedia content.
High-Speed Internet	A stable and fast internet connection is essential for seamless online learning. This is especially true for synchronous courses.
Webcam	You will need a webcam to participate in the live sessions and to record assignments when asked.
Microphone	A microphone is essential to participate in the live sessions and for audio recording when asked.
Headphones	Headphones with a built-in microphone are ideal as they provide clear audio and reduce background noise.
Comfortable, Quiet Workspace	You will need a comfortable, quiet, and distraction-free workspace. This could be a desk or a table and a chair in the corner of a room.

What are the expectations & etiquette for participating in synchronous learning?

Participating effectively in synchronous learning, a willingness to engage actively by demonstrating respect for yourself and others, listening attentively, contributing to discussions, and asking questions.

Keep Organized	Review your syllabus and enter critical dates and deadlines in your calendar. Complete assignments before the virtual session and have needed materials where you can access them during the class session.
Be On Time 	Log in to your virtual class session at least five minutes before it starts to ensure your technology and internet connection are working.

Connect with Faculty

Connect With Faculty

What are faculty office hours?

Faculty office hours are dedicated time slots when your instructor can meet with students outside regular class time. These sessions allow one-on-one or small-group interactions between you and your instructor.

Why should you attend faculty office hours?

- Attending office hours can significantly enhance your learning experience through:
- In-depth discussions: Explore course topics more thoroughly than class time allows.
- Personalized support: Get individualized attention and guidance tailored to your needs.
- Assignment clarity: Ask questions about assignments to ensure you understand expectations.
- Success strategies: Receive personalized advice on how to excel in the course.
- Build relationships: Develop a stronger connection with your instructor.

How can attending office hours help you?

- Deeper understanding: Clarify complex concepts and fill gaps in your knowledge.
- Improved performance: Get help with challenging areas to boost your grades.
- Skill development: Enhance your critical thinking and problem-solving abilities through direct interaction with your instructor.
- Networking: Build a professional relationship that could lead to future opportunities (e.g., recommendations).
- Confidence boost: Gain confidence in your understanding of the material and your ability to succeed in the course.

Where can you find information on faculty office hours?

You can find information about office hours in several places:

1. **Syllabus:** Check the first page of your course syllabus for posted office hours.
2. **Email your instructor:** If you need help finding the information or need to schedule a different time, contact your instructor directly via your Goodwin University email.
3. **Canvas announcements:** Instructors may post reminders or updates about office hours on the course's Canvas page.



Remember



Don't wait until you're struggling! Take a proactive approach to your learning by attending office hours regularly. Office hours are a valuable resource that can be of benefit to you. Make the most of this opportunity to enhance your learning experience!

Tips for Academic Success



Tips for Academic Success

Area	Tips
Stay Connected 	• Have a working computer • Ensure internet connectivity • Know your Goodwin ID number • Set-up your Goodwin email on your computer and all smart devices • Check your Goodwin email daily to be sure you are in the know
Apply Productive Study Habits 	• Scan the QR Code on the left and complete an online short course that introduces and provides practice in study strategies • Develop a consistent study routine • Create a dedicated study space (i.e., quiet, well lit, comfortable, free of distractions) • Enter assignment (e.g., papers, tests) due dates into your phone or other smart device and be sure to turn on notifications • Schedule blocks of study time and mark them in your calendar
Engage in Learning 	• Be present in your course Canvas shells (e.g., log in, read announcements) • Look ahead and check each module to be sure you're completing assignments and making the most of extra resources • Attend your face-to-face classes, arriving on time, staying through the end, and leaving personal distractions outside
Practice Self-care 	• Make time for yourself to relax, recharge, and socialize • Eat healthy, drink water, exercise, and get plenty of sleep • Acknowledge the effort that you put into school • Celebrate your success!
Build Productive Relationships 	• Communicate respectfully and openly • Keep in contact with your professors (e.g., call, send an email) • Ask questions and be proactive • Keep in contact with your academic advisor (e.g., call, send an email)
Adhere to the Academic Integrity Policy 	• Goodwin University expects absolute integrity from every student in all academic undertakings • Students are expected to be honest with respect to the intellectual efforts of themselves and their peers • Submission of work for academic credit must be the student's own work • All outside assistance must be acknowledged and documented in the required format • The full Academic Integrity Policy can be viewed here. https://www.goodwin.edu/policies/

Career Services



CAREER SERVICES

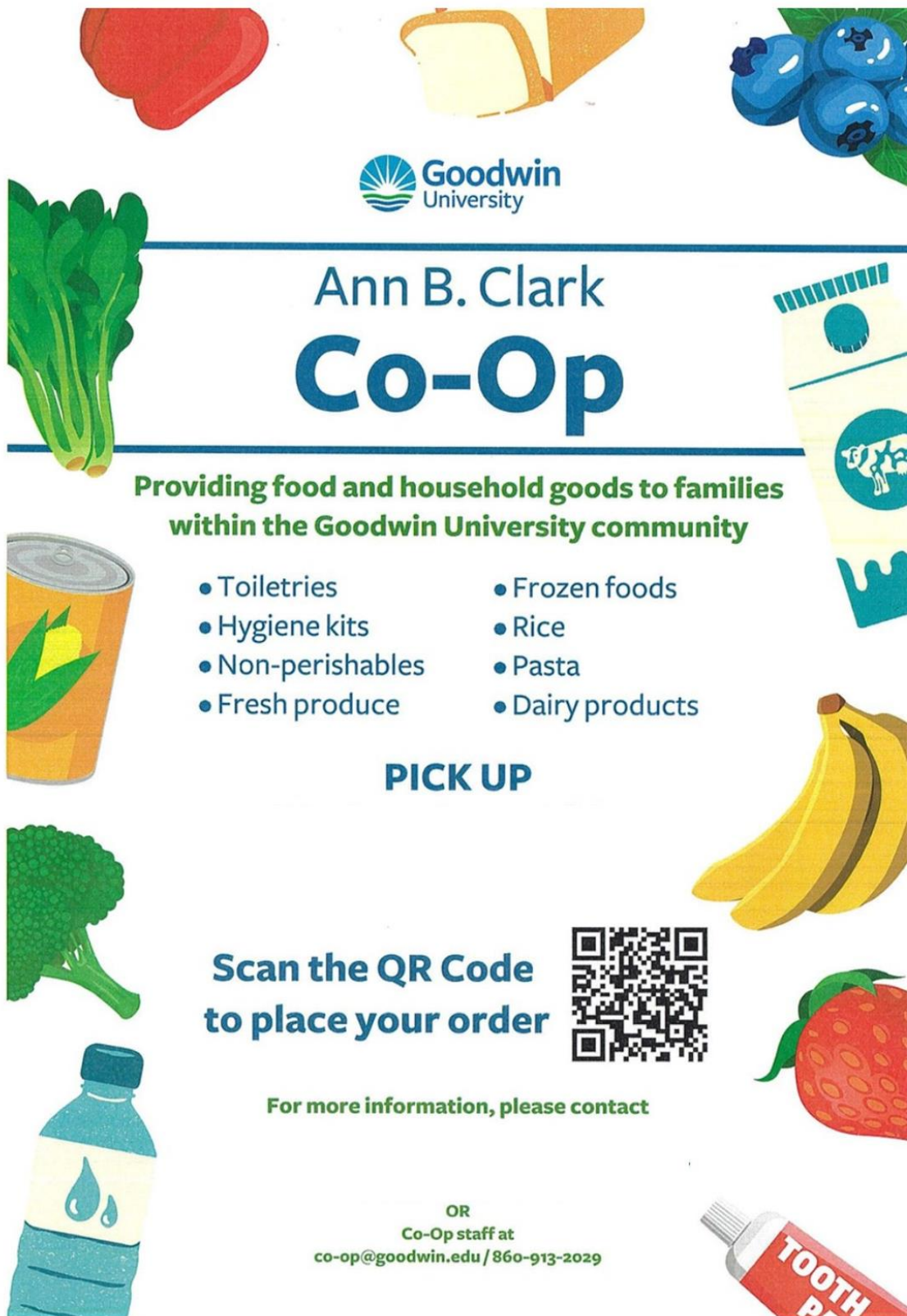


Get help with:

- Résumés
- Job placement
- Career Fairs
- Graduate opportunities
- Mock Interviews
- Networking
- Internships
- and more!

Contact: Marty Levine, M.A., SPHR, CPRW
Senior Career Specialist
mlevine@goodwin.edu
860-913-2128

Ann B. Clark Co-Op



Ann B. Clark Co-Op

**Providing food and household goods to families
within the Goodwin University community**

- Toiletries
- Hygiene kits
- Non-perishables
- Fresh produce
- Frozen foods
- Rice
- Pasta
- Dairy products

PICK UP

**Scan the QR Code
to place your order**



For more information, please contact

OR
Co-Op staff at
co-op@goodwin.edu / 860-913-2029

TOOTH PASTE



Ann B. Clark Co-op: Focusing on students so they can focus on success

The Ann B. Clark Co-op serves members of the Goodwin University community. Named in honor of Goodwin's provost emerita, the Co-op ensures that no Goodwin student must choose between affording school, food, or clothing. Under the operation of Student Affairs, a dedicated volunteer team of faculty, staff, and students addresses food, clothing, and hygiene needs, and provides direction to other important resources. Services at the Co-op are free to current Goodwin University and magnet school students.

Our strategic work with community partners, as well as generous donations from our internal supporters, ensures that our shelves are always stocked with quality products. As often as possible, the Co-op offers dairy-free, peanut/nut-free, and vegetarian options as well as fresh produce, meats, and fish to ensure there is something for all dietary needs. Co-op items are ranked using a Supporting Wellness at Pantries (SWAP) model initiative from the Institute for Hunger Research & Solutions at Connecticut Foodshare.

Quick Facts

First college-level program enrolled with Connecticut Foodshare	
First established as Transition Food Pantry	2011
Families currently being served	145
Families enrolled in Temporary Emergency Assistance Program Enrollment (TEFAP)	91
Food distributed September 2021 to September 2022	20,601 lbs.

Services

Clothing bank
Diaper bank
Food pantry onsite
Holiday giving program
Referrals to other campus services
SNAP application assistance
Toiletries

Community Partners

Connecticut Foodshare
Dairy Farmers of America
Dignity Grows
Highland Park Market
Price Rite Marketplace
Rebel Dog Coffee Company
ShopRite
Stop & Shop

Information and statistics as of 10.28.22

To help support the Co-op and its services to Goodwin University students and their families, please visit
www.goodwin.edu/foundation/co-op

Ann B. Clark Co-Op
167 Riverside Drive, East Hartford, Connecticut
860-913-2029
co-op@goodwin.edu
www.goodwin.edu/co-op

Office of Disability

Office of Disability and Accessibility Services (ODAS)

Equal Access 	Goodwin strives to create equal access for all students with disabilities and follows the guidelines of: - Americans with Disabilities Act (ADA) - Title II: Prohibits discrimination against students - Section 504 of the Rehabilitation Act - Prohibits disability discrimination at public and private schools that receive federal funding - Gives people the right to reasonable accommodations
What is a Disability? 	- A disability is a physical or mental impairment that substantially limits one or more major life activities. - Examples can include: Mental health/psychiatric disorders, learning disabilities, traumatic brain injury, physical impairment, chronic illness, hearing or vision impairment, etc.
What is a Reasonable Accommodation? 	- Reasonable accommodations are modifications or adjustments to the tasks, environment or to the way things are usually done that enable students with disabilities to have an equal opportunity to participate in an academic program . - Examples can include: Extra time on exams, assistive technology, distraction reduced environment for testing, etc.
Requesting Accommodations 	- Complete the registration form - Submit the documentation from a licensed healthcare provider - Meet 1:1 with ODAS Manager - If accommodations are approved, you will receive a Letter of Accommodation to review and sign - Communicate with professors about your accommodations and give them your signed Letter of Accommodation
Resources and Contact Information 	- Molly Zatony, ODAS Manager: mzatony@goodwin.edu - Information on the ADA: https://adata.org/ - Webpage: https://www.goodwin.edu/disability-access-services/overview

Financial Literacy



Financial Literacy: FIL101 Course on Financial Avenue

What is FIL101?

FIL101 is a mandatory, non-credit Financial Literacy course assigned to ALL incoming students in their first semester at Goodwin University. It consists of two modules on the Financial Avenue site: **Psychology of Money** and **Foundations of Money**.

- **Duration:** 60–90 minutes
- **Deadline:** Sunday, December 21, 2025

How do I complete this course?

First, you must create an account on Financial Avenue. Visit <https://inceptia.instructure.com/enroll/BWEM6P> or simply scan the QR Code below with your smart phone. Once you've set up your account, complete both the **Psychology of Money** and **Foundations of Money** modules.



COURSES	
COLLEGE AND MONEY	FOUNDATIONS OF MONEY
DEBT AND REPAYMENT	FUTURE OF YOUR MONEY
EARNING MONEY	LOAN GUIDANCE
FAFSA	PSYCHOLOGY OF MONEY
CREDIT AND PROTECTING YOUR MONEY	SPENDING AND BORROWING

How do I reset my password?

<https://inceptia.instructure.com/login/canvas-forgot-password>

When will I see a grade?

Grades are updated on Canvas within 24 business hours.

Helpful notes:

- Check for FIL101 updates on your Canvas account through the Goodwin Student Portal.
- Please complete each section of the assigned modules; you'll know you've reached the end of the module once you see the **Summary** slide.
- Please contact Toniko Cox, Financial Literacy Coordinator, at tc Cox@goodwin.edu for any further questions regarding the FIL101 course.



For more information, contact:

Toniko Cox,
Financial Literacy Coordinator
tc Cox@goodwin.edu | 860-913-2147

Last Modified 1/4/24

Federal Work Study Program



Federal Work Study Program

What is Federal Work Study?

Federal Work-Study (FWS) is a federally funded program that gives undergraduate and graduate students with financial need an opportunity for part-time employment. The funds you earn from a FWS job are paid directly to you in a bi-weekly paycheck and your wages are not taken off your charges for the semester.

The FWS program is also an opportunity that allows you to build your resume before you graduate. Federal Work Study jobs emphasize employment in civic education and work related to your course of study. Prior FWS Positions include:

- Reading Tutor (Offsite): Tutoring preschool and elementary age children in reading
- Research Assistant: Assisting faculty with ADA compliance work
- Library Student Worker: Organizing books, filing, and assisting library patrons
- Social Media Student Worker: Maintaining and updating social media platforms for the Management and Leadership team
- Recreation Associate: Recruiting students and organizing the resources necessary for club and intramural sports for the Athletics department

What do I need to do to be eligible for Federal Work Study?

- Complete a FAFSA.
- Answer "Yes" to the question on the FAFSA that asks if you are interested in the work study program.
- Submit all your Financial Aid Documentation.
- Be in compliance with Goodwin College's Satisfactory Academic Progress Policy to be eligible for Work-Study.
- Send an email indicating your interest to studentjobs@goodwin.edu

Hours and Earning Potential

- At Goodwin, students may work up to a maximum of 15 hours per week.
- Students will earn at least the current federal minimum wage. An individual's Work-Study award will depend on the date of application, level of financial need, and the level of school funding.

Page 1 of 1



For more information, contact:

(860)727-6723
studentjobs@goodwin.edu

New Student Orientation

Registrar's Office

IMMUNIZATION FORMS:

All students (in-person, online and hybrid) must send in their immunization records.

Takes **1-3 business days** to process and lift the hold.

Vaccinations Needed:

MMR (Measles, Mumps, and Rubella)

Varicella (Chicken Pox)

Ways to Send in Immunizations:

Email: registrar@goodwin.edu

Fax Number: 860-206-5222

If you **cannot** obtain your vaccinations from your primary care provider, we also accept lab results from an **immunization titer test**. (Via Walk-in Clinics, CVS, and certain Healthcare Centers)

HIGH SCHOOL TRANSCRIPT HOLD

You are responsible for following up with your high school to request your transcript.

Ways to submit official high school transcripts:

- **Must be sent by the school directly to be official!!!**
- Electronic/Email: transfer@goodwin.edu
- Mailing Address: 1 Riverside Dr., East Hartford, CT 06118; attn Registrar's office

Must be signed,
sealed, and have a
graduation date

OFFICIAL COLLEGE TRANSCRIPTS

This only applies to students who have previously attended a college/university.

Takes **5-7 business days** to review and post transfer credits.

Ways to submit official college transcripts:

Must be sent by the school directly to be official!!!

Electronic/Email: transfer@goodwin.edu

Mailing Address: 1 Riverside Dr., East Hartford, CT 06118; attn Registrar's office

ATTENDANCE

All students (in-person, online and hybrid) must establish attendance before

Census Day

Please submit at least 1 assignment submission
or attend your in-person lectures to be accounted for.

One Riverside Drive, East Hartford, CT 06118 p: 860-727-6708 f: 860-206-5222 www.goodwin.edu



Hoffman Family Library

Your

HOFFMAN FAMILY LIBRARY

Quick Guide

Fall 2025

Hours

Monday-Thursday

8:30am-8:00pm

Friday

8:00am-3:00pm

Saturday/Holidays

Check library website

Location

Main Campus Building

One Riverside Drive

Website

<https://www.goodwin.edu/library/>

Librarians

Cynthia Hunt

Assistant Director of Library Services • chunt@goodwin.edu

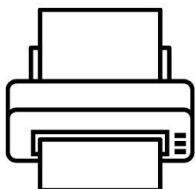
Carolyn Polis

Reference Librarian • polisc@goodwin.edu

Hailley Sierra

Reference Librarian • sierrah@goodwin.edu

Printing



Goodwin students can print for free!

- Large print jobs must be approved by a librarian.
- All color printing must be approved by a librarian.
- All printing should be double sided.

Study Rooms



We have three study rooms available for group work.

- Reservations can be made up to three days in advance.
- Rooms can be reserved for a maximum 6 hours.
- Student IDs **must** be presented by each group member.

Course Reserves



Microscopes, slides, anatomy models, and course textbooks* are available.

- Student ID is required to check out course reserve materials.
- Only one course reserve can be checked out at a time.
- Course reserve materials **must** remain in the library.

Need Help With APA?

Make an **Academic Writer** account! Review APA formatting rules and write your papers.



Meet With a Librarian

Get one-on-one support with research, APA style, or navigating your courses..



Chat with Us!

Use the **chat feature** on the **library's website** to talk to a librarian in real time! The chat is monitored during the library's open hours and a chat bot is available to help after hours.

Follow the Hoffman Family Library blog for research tips and library happenings!



*we do not have course reserve textbooks for all courses



Student Support Services



Goodwin
University



STUDENT SUPPORT SERVICES

Empowering student success from every angle.
We provide comprehensive support for financial,
housing and food needs.



CASE MANAGEMENT

This includes a comprehensive intake, creating personalized case plans, and connecting students with a wide range of resources both on and off campus.



EMERGENCY FINANCIAL SUPPORT

We offer limited, case-by-case assistance to help with unexpected financial crises, such as a one-time payment for an emergency utility bill or rent.



TRANSITIONAL HOUSING

This program offers temporary, one-year housing solutions for students experiencing homelessness.



LAPTOP LOANER

This program offers a temporary laptop for students to complete their coursework, with a loan period of up to two weeks.



ANN B. CLARK CO-OP

Our on-campus co-op provides essential items such as food, clothing, hygiene products, diapers and more.

Contact

JANAE BRISSETT
Student Support Coordinator

 jbrissett@goodwin.edu  860-913-2072



Academic Success Center



THE ESTHER FURR ELLIS ACADEMIC SUCCESS CENTER: FREE TUTORING

TUTORING SUBJECTS



- **Science** (Biology, Chemistry, Anatomy and Physiology, etc.)
- **Math** (Algebra, geometry, nursing-related math, etc.)
- **Writing/English** (Research papers, editing drafts, brain storming, etc.)
- **Learning Strategies** (time management, study skills, etc.)

TUTORING SESSIONS



- Tutoring sessions can take place on campus at the ASC and via Zoom
- Sessions are limited to 1 hour per subject per day
- Students can schedule multiple tutoring appointments throughout the week (based on availability)

SETTING UP AN APPOINTMENT



1. Navigate to the Tutoring Website (See QR Code)
2. View and select tutor based on the subject and your availability
3. Schedule an appointment through the tutor's Calendly Link*
4. Receive your confirmation email

*We cannot guarantee appointments that are requested less than 24 hours in advance

CONTACT INFO



Tori Hicks, ASC Coordinator
P: 860-913-2090
E: THicks@goodwin
Suite 207 (211 Riverside Drive)



Scan to Schedule a Tutoring
Appointment

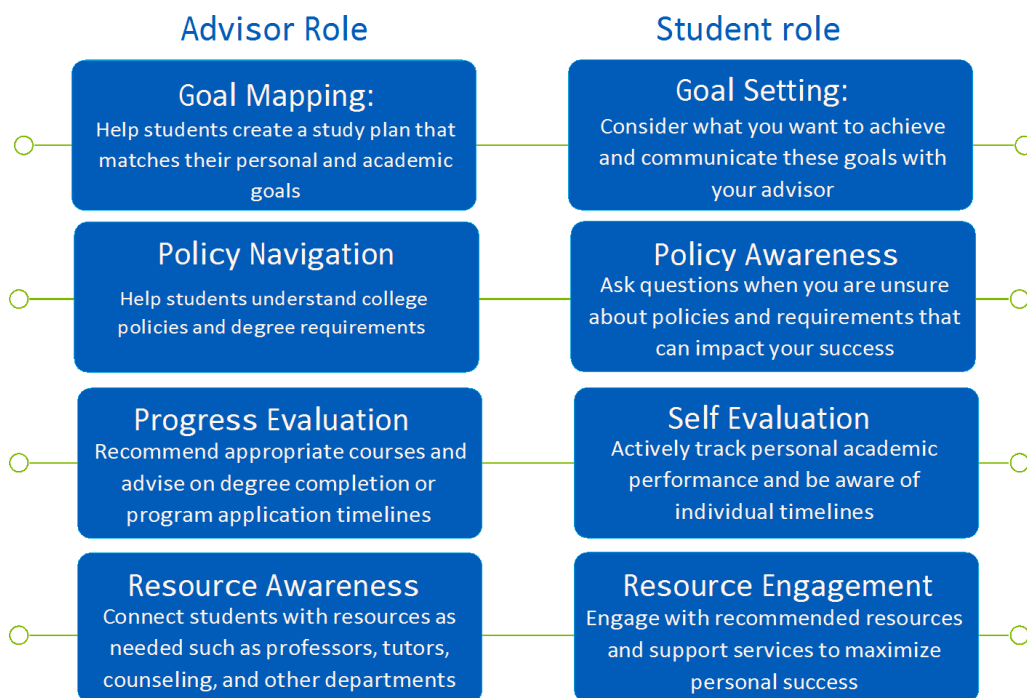
Advisor and Student



Goodwin University

ADVISOR AND STUDENT ROLES: TIPS FOR SUCCESS

Your academic advisor is a partner in your success. Here are examples of how each advisor and student can be prepared for an effective advising appointment.



*T.I.P.S for Success

Transparent

Share your goals and any challenges you are facing so your advisor can help.

Intentional

Record key information from the meeting, including important deadlines & recommended courses.

Proactive

Read your emails, schedule appointments, stay on top of deadlines, & resolve holds.

Self-Reflective

Come to advising meeting prepared by reviewing your courses & asking questions.

www.goodwin.edu



*Inspired by UCLA

Counseling and TimelyCare



COUNSELING AND WELLNESS CENTER

Now offering 24/7 options with TimelyCare



Free, 24/7 Virtual Mental Health Care with TimelyCare

Goodwin students have unlimited access to TimelyCare, a virtual health and well-being platform. Whether it's late at night, during a holiday, or in between classes, support is just a click away.



Start anytime at:
www.timelycare.com/goodwin

TimelyCare services include:

- ✓ **TalkNow – 24/7, on-demand support**
- ✓ **Scheduled counseling – Choose the day, time, and provider that works best for you. (6 visits per year)**
- ✓ **Self-care content – Guided meditations, yoga videos, expert articles, and more**
- ✓ **Peer community – A safe, anonymous space to connect with and support fellow students**

On-Campus Counseling & Wellness Center

Prefer to speak to someone in person? The Counseling and Wellness Center is here to support you with free, confidential services on campus (One Riverside Drive).

Services include:

✓ Individual counseling	✓ Grief counseling	✓ Communication skill-building
✓ Stress management	✓ Anger management	✓ Post-Traumatic stress support
✓ Crisis intervention		

Counseling Contacts:

Lisa Mooney, LMFT
860-913-2159
lmooney@goodwin.edu



Scan to request an in-person appointment
goodwin.edu/forms/counseling-inquiry
or call 860-913-2395

YOU DON'T HAVE TO DO COLLEGE ALONE

Don't worry,
we've got
you covered.

Your college experience is your own — but that doesn't mean you have to go through it alone.

TimelyCare is here to support you: your health, your goals, and everything life throws your way. Whether you need to talk, get sleep and nutrition tips, or just take a break, our care is built for you.



FEELING OFF?

Talk to a mental health professional 24/7. No waiting, no stress!



SPIRALING?

Same. Your classmates are, too. Jump into the community right from your phone.



TRYING TO GET IT TOGETHER?

Self-care journeys are always just a tap away.

Having a backup plan...
ALWAYS SMART.



100% FREE * NO INSURANCE NEEDED * 100% FREE

SIGN IN NOW