

CAPILANO UNIVERSITY IS HERE FOR YOU!

To take care of our well-being, we need to attend to all aspects of life, ensuring balance. At Capilano University, we acknowledge the Importance of self-care and community care and invite you to use this resource map to explore the free supports available within the university to support your well-being.



Not sure which services might support your current needs? Have questions? Check out the webpages through our linked resource list below or contact the Student Support Advisor, [Christine Baccus](#)!

Academic Supports

- Writing Centre
- Math Learning Centre
- English Language Support
- Learning Support Services
- Student Digital Ambassadors

Accessibility Services

- Academic Accommodations
- Disability-Related Funding Supports

Campus Security

- Safe Walk
- Critical Incident Reporting
- CapU SafeApp
- Lost & Found
- Missing Persons
- Wildlife Management
- First Aid

Capilano Student's Union (CSU)

- Affordable Internet (if facing financial hardship)
- Community Cupboard Food Bank
- Community Events & Recreational Activities
- Create or Join Clubs, Committees or Collectives
- CSU Book Market
- Device Doctor - free tech support (+cost for parts)
- Extended Health & Dental Plan
- Housing Registry - Local Rental Listings
- Locker Rentals (for a fee)
- Renter's Insurance
- Student Advocacy
- Volunteer Opportunities
- U-Pass for Transit

Career Development Centre (CDC)

- Career exploration, prep & support
- Experiential learning opportunities
- Job boards
- One-to-one appointments
- Workshops & Events

Centre for International Experience (CIE)

- Admission Advising
- Immigration Advising
- International Leadership & Mentor Program
- Study Abroad

Centre for Sport & Wellness (CSW)

- Facilities: Equipment, Spaces & Weight Room
- Locker Rentals (for a fee)
- Recreation & Wellness Programming
- Varsity Athletics

Conflict Resolution Advisor

- Advocacy
- Communication Coaching & Advising
- Facilitating group meetings & mediating disputes

Counselling Services

- Confidential one-to-one appointments
- Crisis support
- Mental health wellness resources

Health Services

- Dental check ups
- Medical appointments with a doctor or nurse

Indigenous Education & Affairs (IEA)

- Elder-in-Residence (Open to all Students)
- kéxwusum-áyakn Student Centre
- Student Success Programming

Library

- Course Reserves
- Interlibrary Loan
- Printing, scanning, and copying
- Research Help Desk
- Silent and group study areas

Registrar's Office

- Academic Advising
 - One-to-one appointments (virtual & in-person)
 - Virtual drop-in sessions
 - Course Planning Workshops
- Financial Aid & Awards
 - Financing Resources
 - Scholarships, bursaries, funding & awards
 - Student Loans & Grants
 - Upgrading Grants
 - Emergency Funding
 - One-to-one appointments (virtual & in-person)
- Student Information Services
 - Course Registration
 - Transcripts & Forms
 - General Inquiries

Student Affairs

- Student Life Hub
 - Peer outreach, support and events
- Student Rights & Responsibilities Advisor
 - Student Code of Conduct information
 - Academic Integrity information
 - Complaint support
- Student Support Advisor
 - Sexual Violence support, info & safety planning
 - Well-being & academic resources access support
- Orientation and new student programming
- Sexual Violence Education & Supports
- Well-Being events and information

Community Quiet & Gathering Spaces

- CSU Member Centre
- CSU Treehouse
- CSU Maple Lounge
- Learning Commons
- Library silent & collaboration areas
- Meditation & Silent Prayer Space
- Queer Resources Centre
- Women's Centre