

THE WELLNESS CENTER

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RCC offers students access to programs and services to support the mind, body and spiritual growth and needs of our students. These programs and services are available to all students enrolled in a program of study.

Behavioral Health Services provides students with access to a clinical counselor who can provide confidential services. This individual can assist in supporting students navigating a crisis, seeking short term counseling and assisting with making referrals and connections for long term counseling with community partners. Behavioral Health Services can be contacted at behavioralhealth@rcc.mass.edu and is located in room 313 in building 4.

The RCC Wellness Center offers holistic, culturally responsive programming that supports students in mind, body, and spirit. Our work is rooted in the belief that wellness is not just the absence of illness, but the presence of joy, community, and connection. We center the needs of BIPOC, LGBTQ+, and first-generation students through offerings that are both healing and empowering.

Programs include Digital Wellness Workshops, Community Care Circles, LGBTQ+ Affinity Spaces, self-defense training in collaboration with local partners, and advocacy and education series focused on reproductive health, mindfulness, and domestic violence awareness among many other offerings that respond to the evolving needs of our student community. Each offering is designed to be trauma-informed, liberation-centered, and grounded in joy, rest, and resistance. Whether you need a moment of stillness, a space to reflect, or a path to reconnect with your purpose, the Wellness Center is here to support your journey.

To learn more, connect with:

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