



CHICAGO STATE UNIVERSITY

COUGAR CARES RESOURCE CENTER

at the CSU Counseling Center

Cougar Cares is a collaborative partnership between the counseling center, student affairs/success, academic departments, and community organizations that provides coordinated support services to CSU students and includes:

- Student-centered basic needs assessment
- Housing stabilization/referrals
- Individual/group counseling
- Mindfulness/Meditation/Yoga
- Art/Music/Dance therapy
- Micro pantry for hygiene items
- Transportation & Utilities assistance
- Textbook Support
- Childcare resources (CSU)
- Clothing Assistance (Cougar Closet)
- Public Benefits Navigation (SNAP, Medicare, Medicaid)

- Wellness Ambassador (peer support)
- Access to Benefits Navigator (assess & link to supports needed)
- Students can access campus, community, and financial supports while focusing on their academic goals

The Cougar Cares Counseling Center team is guided by the principles of Healing Centered Engagement (HCE), the model emphasizes safety, empowerment, cultural identity, community connection, and student voice. The Cougar Cares team focuses on creating environments on campus where students can heal, thrive, and fully engage in campus life.

Cook Administration, Room 131

Hours: Monday - Thursday, 9:00 am - 6:00 pm,
Fridays, 9:00 am - 1:00 pm

Walk-in support during hours of operation

Dr. Christine Brown, Director



Scan the code to request an appointment. Walk-ins are welcome.