

## Welcome to the Calming Corner

The calming corner is a safe space where you can relax, recharge, meditate, and take a break. It also offers our on campus mothers a comfortable and private lactation room. Located in the health center, the room offers comfortable seating, soft lighting, and a quiet escape from campus. All of this is used to create a calm and peaceful environment open to all students.

This room is walk-in available and operates when the Stoner Health Center is open, Monday-Friday 8-4:30. Stop by and ask us today how you can utilize the space.



---

## Room Policies

- No reservations are needed to use the room
- Check in at Health Center front desk
- The room is closed during the lunch hour, after hours, and on the weekends (Health Center staff must be present)
- Please, shut the door and turn the sign to show the room is being occupied
- Please, remain quiet when using the room
- Be mindful of how much time you are spending in the room (60 minute max)
- If the health center needs to use the room, you may return for use at a different time
- May be used for breastfeeding or pumping if needed
- Please, clean up after yourself
- May be used for confidential, telehealth appointments