Promoting Student Well-being

We’re a Model of Excellence in Counseling

The Women’s Center provides free, confidential counseling to help men and women from all backgrounds, ethnicities, and identities to address concerns such as sexual assault, anxiety, depression, relationship concerns, stress, grief, body image, and substance abuse. In addition to providing the highest quality of counseling services to their clients, the Women’s Center’s counseling team collaborates with many offices around Grounds to support health and safety efforts like Hoos Got Your Back. They also extend their expertise around Grounds through varied wellness-themed education and outreach events at which UVA staff and students invite them to speak.

Here’s why clients choose the Women’s Center for counseling, support and information resources.

We’re Experts.

Our counselors are known for their extensive expertise supporting college students with concerns ranging from the stresses of young adulthood to traumatic events in their lives or within their families or communities.

We Empower our Clients.

Our counselors help clients gain a powerful sense of autonomy by identifying the change that is important to them and working to make that change happen.

We’re Flexible.

Our location is easy to reach. The environment here is both homey and scholarly, but never institutional. With no fixed number of sessions, clients can continue to see their counselor for as long as the sessions are helpful. We understand that there are many reasons that students stay in Charlottesville year-round (like jobs, rent, or research opportunities). We offer counseling sessions throughout the summer months ensuring that our clients’ access to this essential service is not interrupted.

Our 2017-18 Counseling Team
First row: Latoria White, Counselor-in-Residence, Cathy Erickson, Trauma Counselor, Hannah Trible, Counselor-in-Residence and Body Positive Coordinator, Charlotte Chapman, Program Director for Counseling
Second row: Amelia Walton, Counseling Intern, Margaret Edwards, Trauma Counselor
Related Services

Case Management
At the Women’s Center, staff members who are well-versed in all of the vital resources on and off Grounds take the time that is needed to connect students to the services that are right for them. We also take the lead in connecting case managers in higher education settings across Virginia to each other to develop this specialty in the counseling profession.

Support Group for Survivors of Sexual Assault
In addition to counseling individual clients, our counselors lead a confidential group that meets in a safe environment to support one another while recovering from the physical, emotional, spiritual and social effects of trauma on survivors.

“The Body Project” and “Reflections”
Trained staff, along with the center’s Body Positive interns, lead discussion events for various groups around Grounds to reduce common risk factors for disordered eating and exercise in young adults.

Stress Management Tips
After years of work with UVA students, we have come to know the stresses associated with each phase of the school year. The popular tips series on the Women's Center’s website offers seasonal suggestions to improve students’ well-being throughout the academic, extracurricular and social cycles of the year at UVA.

“Room to Breathe”
This calming space is open for students’ use in times when a little peace and quiet can help restore equilibrium.

Survivor Support Network Training
We train students, faculty and staff to be effective allies to survivors of gender violence. Trainees learn to understand survivors’ needs and to encourage and support survivors in their recovery from trauma.

Confidential Advocates
Select members of the Women's Center's staff are available (in addition to the counselors) to further ensure that sexual assault survivors receive the full range of support and services they need.

Screenings for Mental Wellness or Eating Disorders
Expert staff members from the Women's Center partner with UVA Student Health’s Counseling and Psychological Services (CAPS) to host easy-access screening days on which students can get a mental wellness check-up or seek information to inform a decision about accessing counseling services on a regular basis.

Support Student Well-being through the Women’s Center
Over time, our counseling team has grown to better meet the level of need for our services among students. This has been possible thanks to generous and consistent support from caring members of the UVA community like you who fund our counseling services beyond what is provided by University administration. We make every effort to keep waitlists to a minimum and we address the most urgent requests swiftly. But despite these efforts, demand for our high quality, flexible services continues to exceed supply.

You can turn your interest in the well-being of the University community into the counseling and related services students need with a donation to the Women’s Center. For more information about ways to give to the Women’s Center, contact Leigh Ann Carver, Director of Communications and Advancement, at lacarver@virginia.edu or 434-924-3946.