



Parent and Family Programming

October 27: Campus Conversations Webinar: Tougher Conversations Part 2

November 10: Campus Conversations Webinar: Home for the Holidays

Important Links

Campus Conversations Webinars

- Register for Future Campus Conversations Webinars and Watch Recordings: <https://uafamily.arizona.edu/webinar-series>

Campus Health

- Campus Health: <https://health.arizona.edu/>
 - Medical or Questions about Services and Appointments: (520) 621-9202
 - Medical (After Hours): (520) 570-7898
 - Referrals: <https://health.arizona.edu/referrals>
- Counseling and Psych Services (CAPS): <https://caps.arizona.edu/>
 - CAPS Hours: Mon-Fri 8am-6pm (4:30-6pm by appointment only, Wed 9am-6pm)
 - Crisis Hours: Mon-Fri 8am-4:30 pm (Wed 9am-4:30pm)
 - CAPS 24/7: 520-621-3334
 - Site-Based Counseling: <https://caps.arizona.edu/site-based-counselors>
 - Mental Health Foundations: <https://caps.arizona.edu/foundations>
- Resources for Families about Campus Health:
 - <https://health.arizona.edu/parents>
 - <https://health.arizona.edu/parents#safety>
- Concerned about a student?
 - Submit a CARE report to the Dean of Students: https://arizona-advocate.symplicity.com/care_report/index.php/pid980397?
- Health Promotion: <https://health.arizona.edu/health-promotion>
 - Health Promotional Hideaway: <https://health.arizona.edu/hideaway>
- Alcohol & Other Drug (AOD) Programs & Services:
 - <https://www.health.arizona.edu/alcohol-drugs>,
 - WellCats: <https://wellcats.arizona.edu/alcohol>
 - Sober Social Cats: <https://health.arizona.edu/sober-social-cats>

Events



See Campus Health Events Calendar: <https://health.arizona.edu/calendar>

- [Highland hangouts](#): weekly on Tuesday until May 5, 2026*
- [Reset After Sunset](#): weekly on Tuesday, Wednesday, and Thursday*
- [Paddleboard Yoga](#): October 9 and 15th, 4-5 p.m.*
- [Pa\(w\)se for Pets](#): weekly on Monday until December 7 | 2-4 p.m.*
- [Campus Health Cares](#): weekly on Wednesday until December 9 | 11 a.m. - 1 p.m.*
- [Craft & Chat](#): weekly on Wednesday until December 9 | 2 – 4 p.m.*

* Indicates events or resources specifically designed for students