

SPIRITUAL CARE

PROMOTING BALANCED
HEALTH BY ATTENDING
TO THE SPIRITUAL
WELL-BEING OF STUDENTS



UNIVERSITY
OF MANITOBA

SPIRITUAL CARE PROVIDES SUPPORT BY HELPING STUDENTS MAKE SENSE OF THE VALUES AND BELIEFS THAT ARE IMPORTANT TO THEM, ENABLING THEM TO LIVE MEANINGFUL LIVES.

WHAT IS SPIRITUAL CARE?

Take a moment to consider the journey you are now embarking on. University is a period in your life filled with endless possibilities. The future is an exhilarating road to travel on — careers, relationships, independence and identity are but a few of the prospects for which you seek fulfilment and clarity. The freedom of choice can be liberating and life-giving, but at times overwhelming.

What happens when the road towards these goals becomes obscured? What do you do when your values and aspirations no longer make sense? How do you deal with grief, fears and losses along the way? Such questions and concerns are all too common, affecting students of all walks of life.

Spiritual Care can help you journey along this road by providing one-on-one emotional and spiritual support. Spiritual Care can also help you develop resilience and the ability to cope in the face of these roadblocks.

Spiritual Care recognizes, affirms and works with the variety of values and beliefs that define who you are. Care is provided to all, whether you identify as spiritual, atheist, religious or agnostic.

WHO CAN BENEFIT FROM SPIRITUAL CARE?

Anyone who has ever asked or struggled with concerns such as, but not limited to:

- What is my purpose in life?
- What is my place in the world?
- Is this all there is to life?
- Why am I suffering?
- Where is God? Is there a God?
- How can I overcome this setback in my life?

WHAT DO SPIRITUAL CARE PRACTITIONERS DO?

SERVICES FOR U OF M STUDENTS

- **Assess** how a student's spirituality impacts their health and well-being.
- **Invest time** in specialized and reflective listening, getting to know students beyond their health challenges or problems.
- **Provide** a supportive presence to students who are searching for meaning, identity and purpose in the face of suffering, loss or illness.
- **Arrange** for ceremonies and practices suited to students' traditions by implementing forms of intervention that foster transformation and healing.

SPIRITUALITY ON CAMPUS

- In addition to providing one-one-one spiritual support, Spiritual Care seeks to promote spiritual pluralism: the acceptance, respect and understanding of diverse spiritual values, beliefs and customs.
- Spiritual Care aims to develop campus-wide initiatives and programming that would engage a multi-faith and spiritually diverse student population.
- Explore our programming on our web page and get involved!

HOW TO ACCESS CARE OR WORKSHOPS?

Get connected to the Spiritual Care Coordinator on campus by:
Phone: 204-474-7005
Email: spiritualcare@umanitoba.ca
Web: umanitoba.ca/student/spiritual-care

SPIRITUAL CARE

FORT GARRY CAMPUS

102C UMSU University Centre

BANNATYNE CAMPUS

S211 Medical Services Building

Phone: 204-474-7005

Email: spiritualcare@umanitoba.ca

Hours: Please see website for availability

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