

Wellness at KCAI

PHYSICAL

Local doctors, physicians and specialists

- [Information about local doctors, clinics, and specialists](#)
- [Information about local urgent care centers and how to use KCAI's accident/injury insurance](#)
- [KC Care Clinic](#) – KC Care Clinic provides basic health care services to the insured and uninsured and fees may be on a sliding scale basis.
- [LGBTQIA Healthcare Guild](#) - The LGBT-Affirmative Therapists Guild of Greater Kansas City is a grassroots organization of licensed mental and healthcare professionals.

KCAI Accident and Injury Insurance

- [Information about KCAI's accident/injury insurance](#)
- [Information about local urgent care centers and how to use KCAI's accident/injury insurance](#)

Yoga

- Sundays, 10-11 a.m., Epperson Auditorium

KCAI hiking trips (nature and urban)

- Hiking Trip: Saturday, April 16, 2015 at 1 p.m.

Biking and Cycling

- [816 Bike Collective](#) – The 816 Bike Collective is a non-profit organization that repairs, recycles, and distributes bicycles in the community.
- [Bike Walk KC](#) – The events listed directly below are examples of events sponsored by Bike Walk KC
 - [Ride the Line Creek Trail](#) - Sunday, August 23, 2015 from 9 a.m. to noon
 - [Ride to First Fridays](#)
 - [KC Women's Bike Summit](#) - September 19, 2015 from 8 a.m. to 4 p.m.

Stop smoking

- [Kansas Department of Health and Environment](#)

STD/HIV testing

- STD/HIV testing on Friday, February 12, 2016 from 10 a.m.-2 p.m., Living Center

Safety

- Apps and websites
 - [Companion: Never Walk Alone](#)
 - [Kitestring](#)
 - [Circle of 6](#)
 - [Guardly](#)
 - [MyForce](#)
 - [OnWatch](#)
 - [Hollaback](#)

Transportation

- Apps and websites
 - [Taxi Pal](#)
 - [Curb](#)
 - [zTrip](#)
 - [Uber](#)

General health and wellness

- Nutrition information is located in the KCAI dining hall, including dietary information, food labels, etc.

MENTAL

Personal Counseling

- Counseling Services - KCAI has contracted mental health professionals to meet with students on-campus during the academic year. Counselors meet with students weekly for a variety of presenting concerns. This service is free to enrolled students and on a first come first served basis. To request a counseling appointment, click [here](#).
- For a list of off-campus emergency and mental health resources, click [here](#).
- **For emergencies, please call campus security at 816-931-6666, call 911, or go to the nearest emergency room.**

Mindfulness and Meditation Workshops

- Workshops are free and available for students during the fall and spring semesters. The workshops are designed to develop and enhance student's ability to access deeper levels of awareness to further advance creativity and well-being. Mindfulness can be a powerful tool for changing emotional reactions that hijack our ability to think clearly, act skillfully and live creative meaningful

lives. Details about the workshops and instructions on how to enroll are sent via email to all students each semester.

Support groups

- **Alcohol and substance abuse support groups**
 - [Alcoholics Anonymous \(AA\)](#)
 - [Al-Anon](#)
 - [Adult Children of Alcoholics](#)
 - [Narcotics Anonymous \(NA\)](#)
 - Eating disorders
 - [Overeaters Anonymous \(OA\)](#)
 - [Anorexics & Bulimics Anonymous](#)

- **LGBTQIA support groups**
 - [PFLAG](#) - support for parents, family, friends and LGBT individuals
 - UMKC Trans + Social Group
 - Wednesdays at 5 p.m., UMKC Student Union, Rainbow Lounge, Room 325
 - Open to KCAI students to attend!
 - [The Whole Person](#)
 - UMKC Trans + Allies Group
 - First Wednesdays of the month, 6-8 p.m., UMKC Student Union, Room 302
 - Open to KCAI students to attend!
 - UMKC Trans + Social Group
 - Mondays at 6-8 p.m., UMKC Student Union, Rainbow Lounge, Room 325
 - Open to KCAI students to attend!
- [Resources for the Trans + community](#)

- **Grief support groups**
 - [Kansas City Hospice and Palliative Care](#)
 - [The Journey Begins](#)
 - [LIKEME Lighthouse](#) - Resource room and library

Organization and time management

- [KCAI disabilities and academic support services](#) – Please contact KCAI's disabilities and academic support coordinator at [816-802-3440](tel:816-802-3440) for more information.
- Apps and websites
 - [Any.Do](#)
 - [Studious](#)
 - [SelfControl](#)
 - [Clear](#)

SPIRITUAL

[Meditation](#)

[Healing service](#)

LGBTQIA services and resources

- [Trinity United Methodist Church services and groups](#)

Local places of worship/religious organizations

- [Al Inshirah Islamic Center](#)
- [All Souls Unitarian Universalist Church](#)
- [Baha'i Faith Center](#)
- [Broadway Baptist Church](#)
- [Community Christian Church](#)
- [Guardian Angels Catholic Church](#)
- [Hindu Temple and Cultural Center](#)
- [Jacob's Well Church](#)
- [St. Basil The Great Orthodox Christian Church](#)
- [St. Paul's Episcopal Church](#)
- [Temple Buddhist Center](#)
- [Westport Presbyterian Church](#)
- [Westport United Methodist Church](#)

Local cultural centers

- [AsiaKC](#)
- [Bruce R. Watkins Cultural Heritage Center](#), African American
- [All Souls Unitarian Universalist Church](#), full participation and celebration of all people
- [Deaf Cultural Center](#)
- [Filipino Cultural Center](#)
- [Guadalupe Center](#), Latino/a
- [Heart of America Japan America Society](#)
- [Hindu Temple and Cultural Center](#)
- [Irish Museum and Cultural Center](#)
- [Islamic Society of Greater Kansas City](#)
- [Kansas City Chinese Association](#)
- [Kansas City Indian Center](#), Native American
- Korean Cultural Center of Greater Kansas City (no website available)
10410 Metcalf Ave.
Overland Park, KS 66212

- [Like Me Lighthouse](#), LGBT
- [Temple Buddhist Center](#)