

THE BROOK CENTER

The Brook Center (https://udayton.edu/studev/health_wellness/brook/) provides relationship education, focusing on relationships with self, others, and your environment. As we critically evaluate life experiences and societal influence, we invite curiosity around identity, past experiences, hope for the future, and taking control of individual agency to address our community's urgent needs and improve wellbeing for all of our community members. We focus on holistic development of our students by prioritizing health and wellbeing in personal, relational, and intellectual growth.