Recreational Services assists with the upkeep of the Reflection Rooms.

For questions, concerns, and assistance, call 810-762-3441

Website: umflint.edu/reccenter/reflection-rooms

Formulation of these policies and procedures was guided by the need to preserve access to all who wish to make use of the Reflection Rooms whether for reflection, mindfulness, meditation, contemplation or prayer. The University of Michigan-Flint does not seek to advance, nor does it seek to inhibit, any belief, faith or practice. These policies & procedures have been deemed to be congruent with the institution’s values.

The UM-Flint Reflection Rooms are designed to provide a quiet space on campus for students to find solace for reflection, mindfulness, meditation, contemplation and/or prayer.
Reflection Room Locations

338 University Center
1158 William S. White Building

Open on a first-come, first-served basis during the posted hours of the respective buildings.

First Street Residence Hall*
Riverfront Residence Hall**

*Available to First Street residents only.
**Location to be determined.

Reflection Room Policies

• Permanent postings, displaying of religious artifacts/material, or storing student organization information and supplies or leaving personal items to aid in reflection/prayer within the Reflection Rooms is not allowed. Shelving is provided for the purpose of storing non-personal items (i.e., prayer rugs, yoga mats, etc.).

• Reflection Rooms are provided for individuals to engage in quiet reflection, and are not intended to be used as study spaces, sleeping areas, meeting rooms, etc. No organized services or scheduled events are permitted.

• Please respect the rights of others who may wish to use the room at the same time. Silence electronic devices.

• Food and beverages are prohibited. Reflection Rooms are cleaned by Custodial Services as determined by the cleaning schedule. Individuals using the Reflection Rooms are expected to pick-up after themselves before leaving.

• Room furnishings must remain in the room and additional furnishings may not be brought in.

Effective March 1, 2005; Revised May 2, 2016