Winter in Connecticut can be a winter wonderland or an extremely cold nightmare - it just depends on who you ask! Here are a few resources for enjoying and surviving a CT winter. If you have more resources, please email us to let us know!

Connecticut's top winter attractions

Yale's Good Life Center - complete with light lamps & heating pads

Wellness resources from Yale Well

OISS Programs & Events - don't stay at home because it's cold; join us for a bit of fun!

Grad Students: Winter WITHOUT the Blues Workshop

Winter Hikes with L.L. Bean

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Thriving & Surviving in a Connecticut Winter
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[4] https://yalewell.yale.edu/
[5] https://oiss.yale.edu/programs-events-0