### March Activities

- **Virtual Group Counseling:** Weekly sessions on topics such as worry and anxiety. **Location:** UHS, **Time:** M-F, **Details:** Individual drop-in consultations with a UHS mental health counselor.

- **Virtual Let's Talk:** Need to talk to someone? Available on our UHS social workers Facebook page to learn all about.

#### Work Meet the Staff
- **LIVE Tip, 5:15-5:30pm:** Social Welfare, 1:15 pm via Zoom
- **LIVE Tip, 5:30-6pm:** Vicarious Trauma & Burnout: Students, 6:30-9:30pm via Zoom
- **First Aid for Psychological & Activists:** 12:10-1:30pm Webinar, **Details:** Advanced sign-up required
- **PSYCHOSOCIAL INTERVENTION:** 2:45-3:45pm via phone or video with a UHS registered dietitian
- **MENTAL HEALTH WORKER PROGRAM:** 3:30-4:30pm via phone or video with a UHS registered dietitian
- **MENTAL HEALTH WORKER PROGRAM:** 4-5pm via phone or video with a UHS registered dietitian
- **PET HUGS!**
- **Faculty & Staff**: 1:15 pm via Zoom
- **4-5pm:** Topic: Simple Student Recipes, with a UHS registered dietitian
- **4-5pm:** Topic: Superstar foods, with a UHS registered dietitian
- **3:30-4:30pm:** Support for International Students, **Details:** via Zoom, **Time:** 6:30-9:30pm
- **GLOBAL CONNECTION: VIRTUAL:** Students
- **MENTAL HEALTH WORKER PROGRAM:** 4-5pm via phone or video with a UHS registered dietitian
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- **MENTAL HEALTH WORKER PROGRAM:** 4-5pm via phone or video with a UHS registered dietitian
- **QUALITY TIME:** Running, **Details:** via Zoom, **Time:** 6:30-9:30pm
- **MENTAL HEALTH WORKER PROGRAM:** 4-5pm via phone or video with a UHS registered dietitian
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### March is Social Work Month!

- **Spring Break: March 22-26**
- **March 28: Closed**
- **March 29:** Spring Break: March 22-26
- **March 30:** Spring Break: March 22-26
- **March 31:** Spring Break: March 22-26
- **April 1:** Spring Break: March 22-26
- **April 3:** Spring Break: March 22-26
- **April 4:** Spring Break: March 22-26

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**Please note:**
- **Break:** March 22-26
- **Closed:** Sunday, Monday, Tuesday, Thursday, Friday, Saturday
- **Holiday:** Monday, Tuesday, Thursday, Friday, Saturday

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**Need to Talk to Someone?** Check out our UHS social workers Facebook page to learn all about.

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