Dear Students:

I hope this message finds you well and beginning to adjust to our new normal. Although we are all under stress with the global COVID 19 pandemic and physical distancing recommendations put forth by public health officials, physical distancing brings social isolation, which can be especially challenging for graduate students who may live alone, not have family and friends close by, or not have family or friends who understand the unique challenges (e.g. loss of access to laboratory and field experiences necessary to conduct their research) that graduate students face during this pandemic.

Feelings of loneliness and general overwhelm can begin to emerge as a result. To counter this, please join me and Shahnaz Khawaja, Assistant Director of Resilience and Recovery Strategies in the Office of Student Wellness in a ‘Virtual Social Circle’.

Pets, family & kids are welcome to participate. We want to make this a fun and rewarding experience for all.

- Come and share your experiences with your colleagues and meet other students virtually.
- Receive support and wellness tips from Shahnaz Khawaja
- Engage with me to get feedback on university events in real time
- Tell us what you need so we can figure out ways to help support you through these times

It is imperative that we pay close attention to wellness during this time of social distancing. I hope the Virtual Social Circle will be a source of wellness for you.

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<th>Date</th>
<th>Time</th>
<th>Zoom Link</th>
<th>Meeting ID</th>
<th>Password</th>
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To join the Zoom meeting:

1. Select Single Sign On (SSO)
2. Domain Name = UNC
3. Enter your onyen information

Please use the information below and meeting information in table above if you wish to connect by phone:

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