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Volume 20 | April 27, 2020



CULTURAL AND
COMMUNITY CENTERS
VIRGINIA TECH.

CCC Weekly News & Updates

Visit our Website

SOAR SIT-DOWNS

NEW TOPIC
EVERY FRIDAY

JOIN
US ON
IG LIVE

FRIDAYS
AT 12PM

FOLLOW US ON
INSTAGRAM
@SOAR_VT

LIVE!

SOAR
STUDENT OPPORTUNITIES &
ACHIEVEMENT RESOURCES PROGRAM

Signs in the collage include: 'I'm Quit!', 'Together We Stand!', and 'HICKS HICKS'.



**VIRTUAL
GLOBAL CONNECT**

Support Group for International Students

Need a Study break? Feeling isolated or lonely?
Join us to stay connected with other VT international students



<- Scan to RSVP

April 21st & April 28th 3:30-4:30pm

Cooking Counseling X Cranwell International Center




 **Q*MMUNITY
SUPPORT GROUP**

**Q*mmunity Group
is going online!**

Join us on Monday's from
3:30-5:00 on Zoom!

Co-facilitated by:
Dr. Jordan Harrison (Cook Counseling)
Swathi Prabhu (Hokie Wellness)
and Dr. Bing (LGBTQ+ RC)

Registration is required at:
<http://ow.ly/8q1Q50zcxhF>

Scan me:





WE AFFIRM
Principles of Community Week
2020

VT CULTURAL AND COMMUNITY CENTERS
VIRGINIA TECH

Asian Pacific Islander Desi American Heritage Month
(APIDAHM) Presents:

APIDAs & Rape Culture

Hosted by the Asian Cultural Engagement Center

APRIL 30, 2020
5:00 PM TO 6:30 PM
REGISTER IN ADVANCE:
**[HTTPS://VIRINIATECH.ZOOM.US/MEETING/REGISTER/TJCO
DU-QQZMVETCGQXT_AXUBGBKUZJ9QEPLI](https://viriniatech.zoom.us/j/90281111111)**

Contact Dr. Nina Ha at nha@vt.edu for accommodations or questions

Featuring:
VT Lambda Phi Epsilon // VT alpha Kappa Delta Phi // VT Sigma Psi Zeta

SPONSORED BY:
OFFICE FOR EQUITY AND ACCESSIBILITY
WOMEN'S RESOURCE CENTER OF NEW RIVER VALLEY

VT STUDENT AFFAIRS
COOK COUNSELING CENTER
VIRGINIA TECH

25
YEARS

VT HOKIE WELLNESS
VIRGINIA TECH

THE LGBTQ+ RESOURCE CENTER PRESENTS:

VIRTUAL WORKROOM

MONDAY, WEDNESDAY, & FRIDAY 12-2PM

HERE'S HOW IT WORKS:



- Send "I'm in." to LGBTQ@VT.edu from your VT account to receive the link
- Join & leave whenever you'd like
- Cameras optional but microphones off
- Write in the chat what you're hoping to get done each day
- When you leave, update us on how you did!

**IT'S OKAY IF YOU DON'T REACH YOUR GOAL.
WE'RE ALL JUST TRYING TO DO OUR BEST.**



APIDAHM PRESENTS
VIRTUAL CAFÉ HOUR
Feat. staff from the Cultural & Community Centers
and Office for Inclusion and Diversity
April 29th, 2020
3pm - 4pm
Zoom link: <https://virginiatech.zoom.us/j/104144021>
If you have any questions please contact Dr. Nina Ha at nha@vt.edu

ASIAN
CULTURAL
ENGAGEMENT
CENTER





A COLLABORATION WITH COOK COUNSELING, EL CENTRO
AND LASO:

Managing Overwhelm and Lack of motivation

Join us for a discussion/supportive space to talk
about reactions to COVID-19. Erica Coates and
Arlene Gerardo will facilitate the conversation and
give any tips or resources that seem relevant!

Friday May 1st at 12:00 pm
Zoom Link: 492-633-4126

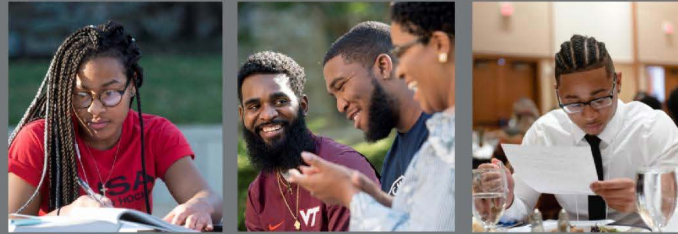


COOK COUNSELING CENTER VIRGINIA TECH. LASO

HOKIE Mentorship Connect

Black Career Connections

GET CONNECTED!



GROUP DISCUSSION BOARD

- Black/African American Undergraduate Students and Alum Participants
- Industry Experts with Unique Minority Perspectives
- Ask Questions and View Comments
- Actively Engage by Career-Related Interest
- Networking
- Conduct Informational Interviews
- Ask Questions about your Resume, Job Search and more

Creating relationships between multiple generations of Hokies!

mentoring.career.vt.edu



Contact us at:
cpdmentorship@vt.edu

Career and Professional Development
Smith Career Center
870 Washington St, SW • Blacksburg, VA 24061
career.vt.edu • 540-231-6241



NOW ON HOKIE MENTORSHIP CONNECT!

Black Career Connections: A discussion board group specifically for those who identify as Black or African American. It will provide participants the ability to network, have dialogue and post content specific to their career development needs. This discussion board group provides students the perfect collective and supportive environment to connect with alums who have been in their shoes and shares their unique perspective as a minority at a predominantly white institution.

GET CONNECTED TODAY!
<https://mentoring.career.vt.edu>



To have your event included in the CCC Newsletter, email Sandy Martin at sypack@vt.edu with information and files by Thursday of each week.
