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The Women's Center recognizes the unprecedented challenges that are facing caregivers during the pandemic. Faculty, staff and student caregivers are under incredible amounts of stress as we try to juggle our caregiving responsibilities with our work and school responsibilities.

The Women's Center is keenly aware of the disproportionate impact caregiving has on women and wants to provide support to all caregivers. We are working in collaboration with other VT offices to advocate for student, faculty and staff caregivers needs.

Please reach out to us if we may be of support by contacting Christine Dennis Smith at [cdennis@vt.edu](mailto:cdennis@vt.edu).

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**Working Moms Support Listserv**

An opportunity for working mothers to come together to connect, vent, network, share information and resources and support one another.

To sign up for the listserv or for more information, contact [Christine Smith](#).



## Caregiver Check-Ins

An opportunity for VT employees who are caregivers to connect with one another around managing the demands of working and caregiving during these times of COVID-19 disruption. These are intended to be open discussions to share current information and resources, as well as to support one another.

We have scheduled two sessions, Thursday, Sept. 10th and Friday, Sept. 11th, to allow interested employees with some flexibility to be able to attend.

Join a session and learn more [here](#).

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## Hokie Wellness Programs

Join Hokie Wellness for a two-part program to help parents reduce the stress of parenting and homeschooling during COVID-19 as we move into a new school year.

### **“A Guide to Reduce the Stress of Parenting during COVID-19”**

Thursday, Sept. 3, from 12-12:30 p.m.

[Registration](#) is required and the zoom link for the presentation will be forwarded prior to the presentation.

### **“A Guide to Reduce the Stress of Homeschooling during COVID-19”**

Friday, Sept. 4, from 12-12:30 p.m.

[Registration](#) is required and the zoom link for the presentation will be forwarded prior to the presentation.

**Planning for Baby and Returning to Work**, returns for faculty and staff who are expecting the birth of a child or new parents with a child or children under three months. All expecting and new parents are welcome to attend including fathers, non-birth mothers and adoptive parents.

The session for faculty will be held Tuesday, Sept. 22, from 12-1 p.m.

[Registration](#) is required and a zoom link will be forwarded prior to the program.

The session for staff will be held Thursday, Sept. 24, from 12-1 p.m. [Registration](#) is required and a zoom link will be forwarded prior to the program.

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## Additional Resources

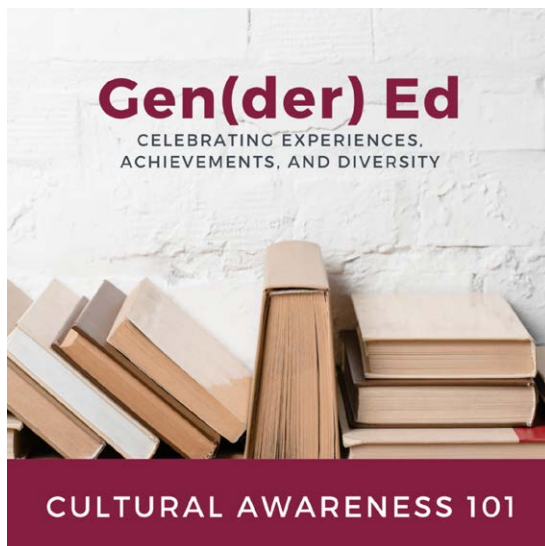
[Child Care Support](#)

[Families First Coronavirus Response Act \(FFCRA\)](#)

[Finding Balance](#)

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## Upcoming Events



### Cultural Awareness 101

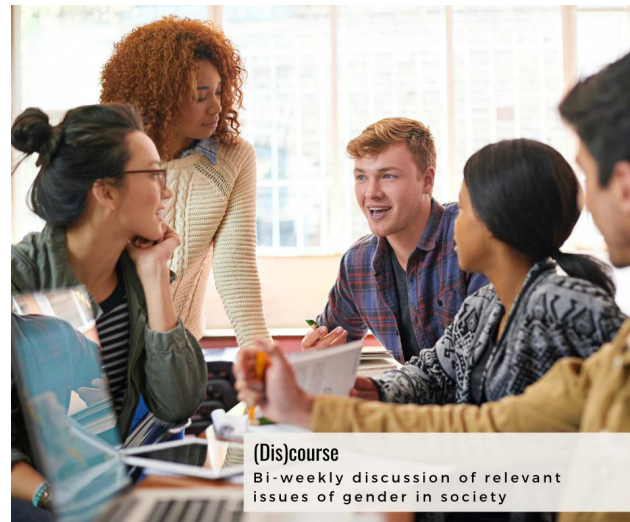
On this week's episode, we talked to Melissa Faircloth from the American Indian & Indigenous Community Center and Nina Ha from the Asian Cultural Engagement Center. We discuss how they are amplifying and meeting the needs of our under-represented and under-served communities on campus and how we as Hokies can learn more about the diverse experiences of those minority students, staff, and faculty.

[Listen](#) on your favorite podcast streaming platform or on our website.

### (Dis)course

Join us next week for our first (Dis)course discussion. (Dis)course is a semester-long ongoing dialogue to discuss relevant issues of gender in society, while bringing to the forefront the work and teachings of VT faculty members. By engaging with both traditional texts, as well as contemporary text, such as film, new media, etc., curated

by our faculty partners, we are creating a modern day virtual book club and discussion series that fosters community, is intentionally intersectional, and contributes to and engages with gendered issues.



Sign up for a discussion topic and time that works for [here](#).

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## Stay connected!

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