To our graduating students, CONGRATULATIONS! We know that the end of your time as a Hokie hasn't been quite what you imagined, but we hope that you can focus on being proud of this amazing achievement and all that you have accomplished.

To our Women's Center student staff: You all have played a vital role in the success of the Women's Center and ensuring that the VT community is safe, equitable, and supportive for women and one that celebrates their experiences, achievements, and diversity. You will be deeply missed but we wish only the best for you and your future endeavors.
Community Donations

Thank you to everyone who has dropped off donations for the Women's Resource Center of the New River Valley during this time. Your donations are essential to the success of the WRCNRV programs.

We are still accepting donations! This is a no contact drop-off; the drop-off box is located on the side porch of the house. Free masks are available and located there as well as to anyone in need.

Practicing Gratitude During a Pandemic

During the stress and uncertainty of this
pandemic, it is important to take time to reflect and have gratitude for even the smallest things in our lives.

Maybe you've reconnected with old friends on Zoom? Or finally watched that show you've had on your list forever? Read a book for pleasure? Or maybe enjoyed an entire day just laying on the couch? While it is easy to focus on the bad that is happening, take a minute to find one small joy in each day.

How can we help?

In order to provide you with the resources and programming that is relevant to what you need, please take a moment to share with us the current needs and challenges you are experiencing during this pandemic.

Upcoming Events
"Talk About It Thursdays"

Join Advocates and Educators from Virginia Commonwealth University, University of Richmond, Virginia State University, Virginia Tech and William and Mary each Thursday at 1 p.m. via Zoom to discuss relationships, safety, and trauma.

Thursday May 14, 1 p.m. - 2 p.m.
Screening and Discussion of the Show "Unbelievable"

Join us at: tinyurl.com/talkthursday

We need your input!

We will be conducting 1.5-hour focus groups to get your feedback on BERT, a new online prevention program, teaching emotion management skills for college students. Focus groups will be conducted online via Zoom.

$10 amazon gift card for your participation.

To see if you are eligible to participate, fill out the following survey or use the QR code:

https://virginiatech.qualtrics.com/jfe/form/SV_89b4/0KZ58WjlJ

This study has been approved by the institutional review board: IRB #20-018

VT students of ALL backgrounds are invited to participate, and we really want to hear from LGBTQ+, African American, and Hispanic students to help us build an inclusive BERT!

For more information contact the study investigator Alyssa Getto at BERTstudyVT@gmail.com

See if you are eligible HERE
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<td>Work a thank you note to someone.</td>
<td>Unfollow social media accounts that do not uplift you.</td>
<td>Create a watering schedule to monitor your income.</td>
<td>Read in a digital Guinness record-breaking orcreate a reading organization.</td>
<td>Take a walk.</td>
<td>Surprise a loved one with a handmade card.</td>
<td>Make a list of three things you are grateful for.</td>
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<td>Commit to a dental/eye screening.</td>
<td>Set an annual reminder to check your credit report.</td>
<td>Check on your neighbors and leave a kind note on their door.</td>
<td>Wake up 20 minutes early.</td>
<td>Host a virtual book club.</td>
<td>Create a personal mantra.</td>
<td>Create a mood-blowing playlist.</td>
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<td>Support a local business.</td>
<td>Complete a coffee run today.</td>
<td>Create a virtual mixer for a crowd.</td>
<td>Volunteer virtually through some site.</td>
<td>Try a free workout on the Headspace or Calm app.</td>
<td>Forgive your body when small issues arise.</td>
<td>Organize an essential need drive (food, clothes, and personal products).</td>
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<td>Experience with a new recipe.</td>
<td>Meet a new woman with a brown cow on health.tally.</td>
<td>Unleash your creative side to create a recipe board.</td>
<td>Take a warm bath before bed.</td>
<td>Review your monthly phone bill and then adjust your cheaper options.</td>
<td>Try an exercise routine, or create your own with deals you have at home.</td>
<td>Congrats! You made it through May. For more ways to stay well throughout the year, visit: <a href="https://www.hokiewellness.vt.edu">https://www.hokiewellness.vt.edu</a></td>
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