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Between managing your job, caregiving responsibilities, and the stress of 2020, it probably feels like there is no time left in the day to take care of yourself. We know that our previous self-care routines may be long gone, but we are here to encourage you to find a new wellbeing practice that works for you now.

When you are able to take care of your mental and physical health, you will be more successful in other areas of your life. Whether that is adding a lunch time walk to your schedule or a 5 minute mindful stretching routine before bedtime, prioritizing your health in ways that work for you, will help improve your overall wellbeing.

Check out a few of our top resources on campus to help you take care of your wellbeing during this time.

[Wellbeing Resources](#)

Women on Weights

Women on weights is a small group training class specifically designed to teach anyone the essential foundation of strength training and proper lifting technique, provide knowledge for participants to create their own workouts, and help build confidence when exercising in the gym.

All classes are private group sessions that take place in the Rec Sports Fieldhouse located at 510 Beamer Way.

[Register here.](#)

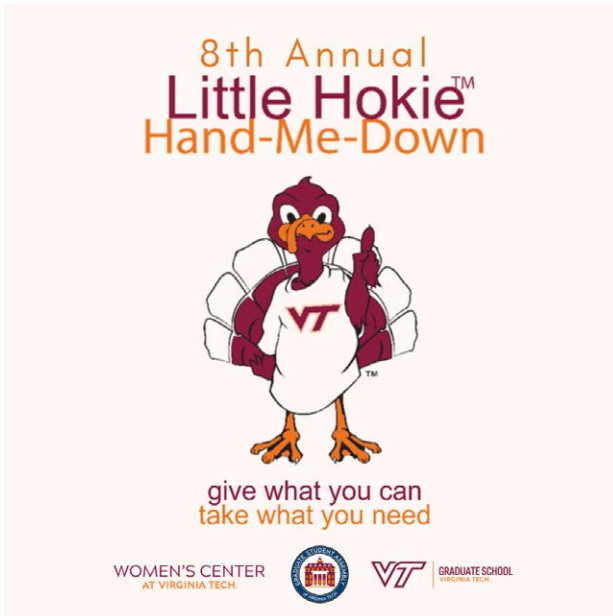


Little Hokie Hand Me Down

In partnership with the Graduate School and Graduate School Assembly, we will be hosting the 7th Annual Little Hokie Hand Me Down on November 11th and 12th in Graduate Life Center Multi-Purpose Room. This program is designed to benefit Virginia Tech graduate students and families. We are collecting unused/gently used children's items for parents and children ages 0 to 10.

We are accepting donations until November 6th. They can be dropped off on the VT Women's Center porch.

For more information contact [Jessie Meltsner](#).



Juggling Work and Caring for an Aging Parent, Partner, or Family Member during Covid-19

The next caregiver check-in will take place on **October 23rd at 12pm.**

These check-ins are an opportunity for VT employees who are caregivers of children, teens, aging parents and/or family members 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. Join the discussion [here](#).



Caregiver Support



Caregiver Survey

Faculty Affairs, Human Resources and the Graduate School have developed a survey to better understand the challenges caregivers are facing and better consider what solutions or support may be helpful.

We invite all faculty, staff, and graduate student employees to complete an anonymous survey about balancing caregiving and work responsibilities during this challenging time.

Complete the survey [here](#).

Intern Applications are Open!

Are you interested in a field study or internship at the Women's Center? Do you want to work with the Women's Center to educate our campus community about topics of relationship violence, healthy relationships, or gender equity?

The Women's Center hosts internships designed to meet the hours and work requirements of a 3 credit hour undergraduate internship.

LOOKING FOR A SPRING INTERNSHIP?

INTERN WITH US!

Support and contribute to programming on gender-based violence prevention and gender equity topics.

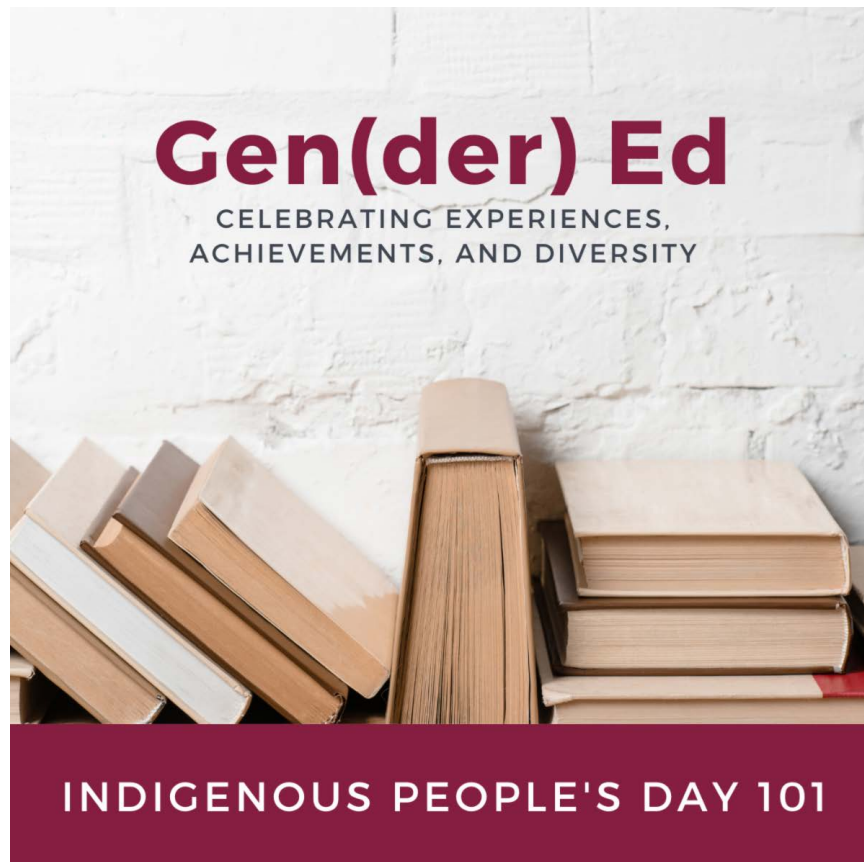
APPLY NOW!

womenscenter.vt.edu/intern
Applications due by
October 30th.

WOMEN'S CENTER
AT VIRGINIA TECH.

Learn more and apply [here](#).

Upcoming Events



In celebration of Indigenous People's Day, we spoke with Melissa Faircloth, Dr. Theresa Rocha Beardall, and Qualla Ketchum. They share the importance of recognizing this day, what it took to get it acknowledged at Virginia Tech, and more.

[Listen here.](#)

American Indian and Indigenous Heritage Month

Register				Register
<p>Tue, Oct. 13 Queer Indigenous and Two-Spirit Peoples: We Come Out of the Cupboard, Not the Closet Dr. Chris Finley 6:00pm (EST) Zoom</p>	<p>Thur, Oct. 15 The Native Vote in 2020: Obstacles and Opportunities Jason Chavez 6:00pm (EST) Zoom</p>	<p>Wed, Oct. 21 Remapping the Yaqui Experience: Mobility in Everyday Life & Community Formation Anabel Galindo 12:30pm (EST) Zoom</p>	<p>Wed, Oct. 21 Becoming a Radical Gardener: Building Queer Roots & Resilience Through Chicana & Indigenous Histories Rob Nelson 6:00pm (EST) Zoom</p>	<p>Mon, Oct. 26 Community Conversation with the IEC: Purpose and Significance of Land Acknowledgements Alicia Cohen 3:00pm (EST) Zoom</p>
<p>Wed, Oct. 28 Unsettling University Spaces: Reimagining Higher Education for Indigenous Students Dr. Heather Shotton 5:30pm (EST) Zoom</p>	<p>Thur, Nov. 5 Challenges and Successes: Examining Impacts of Covid-19 on Native Nations Carol Davis 12:00pm (EST) Zoom</p>	<p>Wed, Nov. 11 Beyond the Music with Indigenous Recording Artist Tall Paul 2:00pm (EST) Zoom</p>	<p>Wed, Nov. 11 Native at VT General Body Meeting 7:15pm (EST) Zoom</p>	<p>Fri, Nov. 13 Community Conversation with the IEC: Purpose and Significance of Land Acknowledgements Alicia Cohen 11:00am (EST) Zoom</p>

Register for American Indian and Indigenous Heritage Month events [here](#).



Prompt:

As survivors of sexual violence, artistic expression can be a place for processing trauma and holding space for personal growth. Whatever your experience as a survivor has been and your relationship to art, this show is for you. Content is not limited to sexual violence, as artistic expression itself is a healing space and we aim to center survivor's voices regardless of the subject matter. This is a multi-media art show but due to Covid-19 restrictions certain art forms may have to be limited, altered or streamed live.

If you would like to submit some art, please email xyzartgallery@gmail.com

Stay connected!



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