



WEEKLY UPDATE – March 22

Spiritual Care and Gratitude

This week's newsletter focuses on spiritual care and includes resources below from University Ministry. Please also see this short **video** that highlights the collective work of USF faculty members and the community as a whole over the last year. Our office is grateful to all of the students, faculty, and community members near and far for your resilience and commitment to international education.



University Ministry

The **University Ministry** team supports students in developing a robust life of faith and commitment to justice, which is the hallmark of Jesuit education. All of their programs are open to USF community members of all faiths, beliefs, and identities. All are welcome. Please see some upcoming offerings and regular programming sponsored by their department below and on their **website**.



- **Self-Care Mini-Retreats:** Learn how to care for yourself, and leave feeling renewed and refreshed. The next mini-retreat will take place Thursday, March 25 and focus on movement. **Register to attend »**
- **Breaking Bread and the Binary:** Join UM on a self discovery journey to explore the intersectionality between different spiritual traditions and LGBTQIA+ identities. This group meets every Thursday on Zoom. **Learn more »**
- **Ignatians:** Students of all faiths and identities are welcome to join the Ignatians, a weekly gathering of student leaders interested in supporting and inspiring one another to live the mission at USF. The group meets weekly for conversation, reflection, guest lectures. **Learn more »**
- **UM Blog:** UM's new blog features reflections from staff and community members along with featured stories and events. **Read a recent blog post »**



Wellness Workshops

Counseling and Psychological Services (CAPS) is hosting a series of virtual wellness workshops. Mindfulness Mondays take place every Monday at 1:30 p.m. Counselors lead students through a guided mindfulness activity, bringing attention to the present moment and helping reduce stress and anxiety. Wellness Wednesdays take place on Wednesdays at 11 a.m. and students learn about skills for coping with a variety of mental health topics. The next Wellness Wednesday is titled "Getting Unstuck" and takes place Wednesday, March 24 at 11 a.m. **Register for a wellness workshop »**



Access to Healthcare and Healthy Communication

Health Promotion Services (HPS) is hosting a workshop this spring titled, Access to Healthcare and Healthy Communications. This workshop will focus on promoting self-care, stimulating better health awareness, and fostering a vibrant and safe campus community for USF student academic success and retention. The event will take place on Wednesday, March 24 from 11:45 a.m.–12:45 p.m. **Register to attend »**

ISSS OFFICE RESOURCES

Requesting a document from ISSS?

If you are requesting an immigration document or letter from our office, remember that we request **ten business days** to process requests. Make sure you plan accordingly so you have enough time to receive your document before you need it. **You can make document requests through online submission.**

Adviser Appointments and Workshops

Appointments can be made online. Please visit the **ISSS website** to schedule an appointment. Appointments are still booked in 15-minute increments.

Connect with ISSS through Facebook »

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