



WEEKLY UPDATE – Feb. 15

### Health and Wellness

ISSS encourages all of our students to dedicate some time to prioritize their health; physical, social, psychological, or spiritual. The university is offering a variety of services to help you navigate your own self-care and learn the best ways to stay healthy. Please know that your well-being is our top priority and we are here to support you in any way we can. Check out some self-care tips below and be well this semester!

## Counseling and Psychological Services

### USF's Counseling and Psychological Services Center (CAPS)

is a great source of support for issues of sadness, anxiety, loneliness, college adjustment, relationship struggles, and other concerns not requiring medical intervention. All students are invited to join CAPS' online **workshops** or request a consultation (note specifics related to location below). **Learn more about CAPS programs and services on their website »**



- **Located outside of California:** Students outside of California, including in another country, can utilize the CAPS consultation services (not ongoing therapy), attend one of **CAPS workshops**, and access CAPS All Hours (24/7) by calling **+1(855) 531-0761**.
- **Located in California:** Students located in California are able to utilize any of CAPS services. You can also call to make an appointment by calling **(415) 422-6352**.



### UM Self-Care Retreats

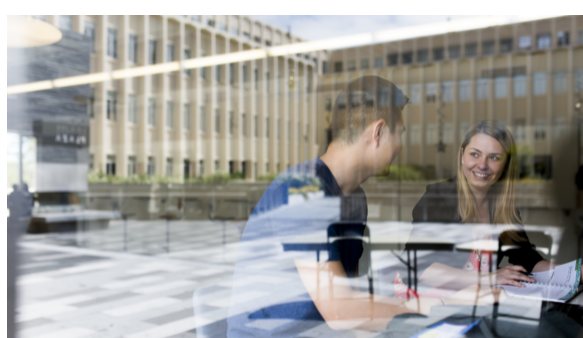
**University Ministry (UM)** is hosting mini-retreats focused on self-care. Students should come prepared to learn how to care for yourself, and leave feeling renewed and refreshed! These retreats are open to students, faculty, and staff. They will take place on **Thursdays from 12:15–1 p.m. PST**. See more information and sign up below.

- **Feb. 25 - Mind: Mindfulness »**
- **March 25 - Body: Movement »**
- **April 29 - Spirit: Creativity »**



### Yoga as Healing

**Yoga as Healing** is an eight-week class series designed to aid in the support and healing of those individuals who have experienced sexual violence, gender bias, gender discrimination, and trauma. This series will take place every **Wednesday at 7:30 p.m. PST**, beginning Feb. 10 and ending March 31. No past yoga experience is necessary to participate and all bodies, abilities, and levels are welcome. **Learn more and register online »**



### H1-B Workshop

Are you interested in learning about your options to remain in the US after you complete your studies? At this workshop, a local immigration attorney will present information on employment options for F-1 students after the completion of their programs. The workshop will take place via Zoom on **Thursday, Feb. 25, 5–6:30 p.m.** **Register for the event »**



### Holiday Closure

Please keep in mind that the ISSS office will be closed on **Monday, Feb. 15** in observance of President's Day. The office will reopen on Tuesday, Feb. 16 during regular business hours from 9 a.m.– 5 p.m. We hope you enjoy a relaxing holiday weekend.

## 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 also submit a request online.**

### 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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