



WEEKLY UPDATE – Oct. 11

## Spiritual and Psychological Care

This week's newsletter focuses on spiritual and psychological care and includes resources below from University Ministry and Counseling and Psychological Services. If you have questions related to immigration, you can **email ISSS** or **make a Zoom appointment with your ISSS adviser**.

### 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.

- **Meditation Mondays:** Take time out of your busy days to find inner calm and awareness at the start of every week. Sessions will be on Zoom. **Learn more »**
- **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 in the University Ministry Romero Room. **Learn more »**
- **Ignatian Expedition: New Student Retreat:** This outdoor retreat is rooted in the Ignatian tradition that offers a welcoming and reflective experience that builds on the questions of: "Who am I? Where am I? How do I get to where I'm going?" The retreat is Saturday, Oct. 16 from 10 a.m.–2 p.m. **RSVP »**
- **Interfaith Student Community:** Learn about building community among faith traditions and advocate for an inclusive campus. **Learn more »**

### 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 the 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 make an appointment by calling (415) 422-6352.



#### Fall Break Activities

Looking for an affordable adventure for the upcoming Fall Break weekend? Join Koret Recreation Sports for a fun trip to explore the unique offerings of the Bay Area! Trips for current USF students include: Santa Cruz Beach Boardwalk, Aquarium by the Bay & Pier 39, and Alcatraz Day Tour & Fisherman's Wharf. These events are open *only* to current USF students and **online registration** is required. Space is limited and registration opens Monday, Oct. 11 at 10 a.m. To request accommodations or additional information, **send Koret an email »**

Looking for more to do? Check out this **list of local activities from SLE »**



#### Cafe International

Cafe International is a community space for international students to make friends and learn to live in the multicultural USF campus. These events take place on **Tuesdays from 4:30–5:30 p.m.** and the next event will be tomorrow Oct. 12. Come and enjoy a stress-free coffee break and chat about food, music, pop culture, and anything and everything to help you recharge. **Learn more »**

## 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 make some 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 30-minute increments.

### Connect with ISSS through Facebook »

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**UNIVERSITY OF SAN FRANCISCO**  
International Student and Scholar Services

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