Counseling and Psychological Services (CAPS)

*Adviser Appointments and Workshops*

Students must complete an OPT workshop and appointments are still booked in 15-minute increments. To schedule a workshop, select the Adviser Appointment through the first menu option in our scheduler.

Adviser Appointments and Workshops can be made online at our website.

**Requesting a document from ISSS?**

If you are requesting an immigration document or letter from our office, remember that we may need ten business days to process requests. Make sure you plan accordingly so you have enough time to complete the necessary steps.

**Food Pantry**

Students are invited to stop by the USF Pantry located on the first floor of Gleeson at 525 Polk St. to receive food and toiletry resources. They are open from February 24 – April 9. The pantry is an intermediate, short-term solution for any registered USF student to receive food and toiletry resources. They serve a basis until our supply is depleted. The pantry is an intermediate, short-term solution for any registered USF student to receive food and toiletry resources. They serve a basis until our supply is depleted.

**Health Promotion Services**

Students can meet with a dietetic technician, registered (DTR) or certified peer health educator. This appointment is free and can be scheduled by contacting HPS at (415) 422-5797 or by calling hps@usfca.edu. The dietetic technician, registered (DTR) can answer your questions regarding your student health insurance. You can reach them via email at hps@usfca.edu.

**Mindful Moving and Mindful Eating Challenge**

This March, learn how to get involved in the Mindful Moving and Mindful Eating Challenge. Mindful movement focuses on your breath and how your body feels in self-care; acknowledging strengths and integrating cultural practices into well-being.

Each group session will focus on a certain topic but may discuss other relevant issues. Potential themes include building social connections in the pandemic; navigating school systems & overcoming barriers; addressing homesickness and ways to engage

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**Jumpstart Your Wellness Program**

Get more information about the Jumpstart Your Wellness Program, where students can take part in monthly wellness challenges by tracking minutes, online workshops, and community service.

**Counseling and Psychological Services Center (CAPS)**

The university is offering a variety of services to help you navigate your own self-care and learn the best ways to stay healthy. Services include therapy, counseling, and other support programs. More information can be found through the MyISSS Student Handbook or by visiting the CAPS website.

**Physical Activity**

Students can participate in physical activity challenges by tracking minutes, attending online workshops, and participating in community service. More information can be found through the MyISSS Student Handbook or by visiting the CAPS website.

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