**Support Sessions for Students: Together, Not Alone**

***(From:  Teresa Hurst, Ph.D., Director, Baruch College Counseling Center, 4/1/20)***

Dear Faculty Colleagues,

Starting next week, the Counseling Center will be offering two weekly Zoom support sessions for students during this time of COVID-19 called ***Together, Not Alone***. Tuesday sessions will be for ALL students and Thursday sessions will be for International students.

Please see below for texts that you might like to include in your emails to your students.

Thank you for helping get the word out and for everything you are doing right now to support our students.

Teresa Hurst, Ph.D.

Director, Baruch College Counseling Center

Pronouns:  she/her/hers

137 East 25th Street – 9th floor, NY, NY 10010

Office: 646-312-2167

Main: 646-312-2155

Fax: 646-312-2156

**Together, Not Alone: Free Support Sessions for Baruch Students via Zoom during COVID-19**

Tuesdays: 1 pm – 2 pm (starting Tuesday, April 7)

These free sessions will offer a **safe**, **supportive**, and **nonjudgmental** space for students to process the current health crisis and learn concrete coping skills.

During sessions, students can **learn helpful information**, **reduce distress**, and **realize that they are not alone** in their feelings of isolation, stress, and anxiety.

**To participate** in these support sessions, send an email to [Alyssa.Deitchman@baruch.cuny.edu](mailto:Alyssa.Deitchman@baruch.cuny.edu) from your **Baruch student email account**, and we will send you the Zoom link.

Brought to you by the Baruch College Counseling Center

**-------------------------------------------------------------------------------------------------------------------------------**

**Together, Not Alone: Free Support Sessions For Baruch International Students**  **via Zoom During COVID-19**

Thursdays: 1 pm – 2 pm (starting Thursday, April 9)

These free sessions will offer a **safe**, **supportive**, and **nonjudgmental** space for

international students to process the current health crisis and learn concrete coping skills.

During sessions, international students can **learn helpful information**, **reduce distress**, and **realize that they are not alone** in their feelings of isolation, stress, and anxiety.

**To participate** in these support sessions, send an email to [Kahlen.Kim@baruch.cuny.edu](mailto:Kahlen.Kim@baruch.cuny.edu) from your **Baruch student email account**,

and we will send you the Zoom link.

Brought to you by the Baruch College Counseling Center and the International Student Services Center