COVID-19 CONNECTION SESSIONS

Virtual space for students to connect with others, provide and receive support, and share personal feelings, experiences, or coping strategies with fellow Hokies during this time of possible stress and isolation. Therapy dogs may also participate in some sessions.

This meeting is not a therapy group and does not constitute or substitute for mental health treatment. In the event of a mental health emergency or if you or someone you know is in imminent danger to themselves or someone else, call the Cook Counseling Center at 540-231-6557 any time.

To RSVP, scan QR code or go to the following link:
http://ow.ly/8yFl50zb4np

EVERY WEEKDAY 2-3PM
APRIL 13-MAY 6