



International Student Program
Sierra Vista, 3rd Fl
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Thursday, October 8

Lunch and Conversation: Staying Connected through COVID

12:30 pm PST: <https://zoom.us/join/98183405081>

4 pm PST: <https://zoom.us/join/95325941022>



The International Student Lunch and Conversation program is a space for you to make friends and talk about life as an international student in the U.S. and at GCC. This month's workshop will focus on **Staying Connected through COVID!**

The COVID-19 virtual environment brings about unique challenges. Yes, we aren't able to connect to each other in the same way we normally would in the age of social distancing, but that doesn't mean we need to be alone! Guests from the Student Health Center will join us to discuss healthy self-care strategies and re-connect you to vital resources on campus to help fight any feelings of isolation or personal stress you may be experiencing. Let's get together!

Zoom Instructions

We highly recommend downloading [Zoom](#) at least 15 minutes before the meeting begins. To avoid Zoom crashes, the waiting room is enabled for this meeting. **Please make sure your Zoom participant name is set to your legal name (as it appears in your passport) for verification purposes;** you can change this in your profile settings after creating a user account.