UNIVERSITY OF MICHIGAN

Silan Fadlallah <silanf@umich.edu>

Fwd: Tomorrow -- Managing Grad School, Kids, and Stress

1 message

Ethriam Brammer <ebrammer@umich.edu> Wed, Dec 5, 2018 at 7:25 PM
To: SCOR-eboard <SCOR-eboard@umich.edu>, Graduate Rackham International <grin.contact@umich.edu>, Native American Student Task Committee <nativeamericantask@umich.edu>, ABPAFS08@umich.edu, La Casa Board <LaCasa.Board@umich.edu>, Islamophobia Working Group <islamophobiaworkinggroup@umich.edu>, DEI-GSSAs <DEI-GSSAs@umich.edu>

FYI

Great event! Please share broadly.

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---------- Forwarded message ---------
From: **Valeria Bertacco@Rackham** <rackhamadphysciengin@umich.edu>
Date: Wed, Dec 5, 2018 at 10:13 AM
Subject: Tomorrow -- Managing Grad School, Kids, and Stress
To: <rackham.grad.coordinators@umich.edu>

Please invite all your graduate students with children. Children and partners are also welcome to attend the event described below. Flyer attached.

Our next Rackham North event is this Thursday, December 6, starting at 3:00 PM

TOPIC: Managing School, Stress, and Kids: Stress Management for Graduate Students with Children

LOCATION: East Room, Pierpont Commons, North Campus
The East Room is located on the 2nd Level near Fireside Cafe

Details: Having to balance children, studies, and everything else is challenging, even for the best of us. Join the Counseling and Psychology (CAPS) in this **interactive workshop** as they share the essential strategies to help manage stress and thrive in graduate school. Children and partners are welcome.

Pre-registration is recommended at https://secure.rackham.umich.edu/wsEvents/wsreg.php?ws_id=686.

This concludes our Rackham North events for the fall term. The winter term schedule will soon be posted at www.rackham.umich.edu/North

Add the Rackham North Google Calendar to your calendar at:
https://calendar.google.com/calendar/embed?src=racknorthevents%40umich.edu&ctz=America%2FNew_York

I hope all is going well during this busy time of year.

Cheers!
Valeria

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We acknowledge that the University of Michigan, named for Michigami, the world's largest freshwater system and located in the Huron River watershed, was formed and has grown through connections with the land stewarded by Niswi Ishkodewan Anishinaabeg--the Three Fires People, who are the Ojibwe, Odawa, and Potawatomi--along with their neighbors the Seneca, Delaware, Shawnee, and Wyandot nations.

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