Drop by Friday afternoons for an informal discussion about ways to manage during Covid isolation and quarantine. Fridays, February 12 through April 30, 3:00 p.m. – 4:00 p.m. ET.

Here Together: For Students in Covid Isolation or Quarantine

The University Chaplaincy is a dynamic hub supporting religious, spiritual, ethical, and cultural life for all members of the Tufts community. We provide pastoral care, support religious and philosophical communities, educate about the role of religion and spirituality in people’s lives, and help students explore questions of meaning and purpose.

This University-wide virtual workshop is open to the entire Tufts community. During this session, facilitators will discuss how to use practices that foster social-emotional resilience, stress reduction, focused attention, and self-care in ways that are in line with students' personal beliefs and values.

Sign ups are now open. You can learn more about the workshop and how to register by visiting the workshop webpage. If you have any questions, please contact the workshop coordinator.

As a community centered around finding something greater than oneself, we are committed to creating a more loving and compassionate world. This week, I wonder what practice, symbol, or act of justice would make you feel most connected to this idea?