**Connecting During Quarantine**

In these times it is important to stay connected and social. If you find yourself missing your GHC classmates or longing for social interaction then this virtual hang-out is for you. Our hope is to join in community with one another and share our experiences throughout this time. We are offering this Tuesdays @ 3:00 & Fridays @ 10:00 every week via Zoom sessions starting 3/24. Please contact Allison Oliver ([aoliver@highlands.edu](mailto:aoliver@highlands.edu)) or Jessica Wright ([jsherfie@highlands.edu](mailto:jsherfie@highlands.edu)) for questions.

Tuesdays Zoom Invite:

Join Zoom Meeting: <https://highlands.zoom.us/j/207083804?pwd=dkVmY3FPelJmQ3FnVFVaUjUyaEcyQT09>

Meeting ID: 207 083 804

Password: 584114

Fridays Zoom Invite:

Join Zoom Meeting: <https://highlands.zoom.us/j/151371301?pwd=ODJOZ0pDQnVaeGNleHpIUDRNTUF6QT09>

Meeting ID: 151 371 301

Password: 948789

**Adjusting to Online Classes**

Online classes can be difficult to adjust to for everyone. Whether this is your first time in online classes or your preferred method, we are all adjusting to the challenges of completing our work at home. This group will meet to discuss the various challenges of online work, strategies to combat those challenges, and tips and tricks we can learn from one another. We are offering this group every Thursday @ 12:00 via zoom sessions starting 3/26. Please contact Allison Oliver ([aoliver@highlands.edu](mailto:aoliver@highlands.edu)) or Jessica Wright ([jsherfie@highlands.eduu](mailto:jsherield@highlands.edu)) for questions.

Thursdays Zoom Invite:

Join Zoom Meeting: <https://highlands.zoom.us/j/272010200?pwd=cDRVM0Vqc3pRK2toTUJ4NU95NU1ldz09>

Meeting ID: 272 010 200

Password: 354663

**Managing Stress and Anxiety**

Are you struggling with managing stress and anxiety right now? Do you want to discuss and learn techniques and practices to help alleviate symptoms? The virtual group will aim to provide support for those struggling with anxiety as well as provide various methods that can be utilized to reduce anxiety. We are offering this group Mondays @ 2:30 and Wednesdays @ 11:00 every week via zoom sessions starting 3/23. Please contact Allison Oliver ([aoliver@highlands.edu](mailto:aoliver@highlands.edu)) or Jessica Wright ([jsherfie@highlands.edu](mailto:jsherfie@highlands.edu)) or Mary Anna Brown ([mbrown@highlands.edu](mailto:mbrown@highlands.edu)) for questions.

Mondays Zoom Invite:

Join Zoom Meeting: <https://highlands.zoom.us/j/871120818?pwd=OWJnRUlpZlh3WUFJeUVWTjVRNVpidz09>

Password: 242365

Wednesdays Zoom Invite:

Join Zoom Meeting: <https://highlands.zoom.us/j/371362622?pwd=Rm1HOFhlVXM4ZUxabklMQytHdTEwQT09>

Meeting ID: 371 362 622

Password: 227665

**Weekly Schedule**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Managing Stress and Anxiety** | **2:30 PM**  <https://highlands.zoom.us/j/871120818?pwd=OWJnRUlpZlh3WUFJeUVWTjVRNVpidz09>  **Password:**  **242365** |  | **11:00 AM**  <https://highlands.zoom.us/j/371362622?pwd=Rm1HOFhlVXM4ZUxabklMQytHdTEwQT09>  **Password:**  **227665** |  |  |
| **Connecting During Quarantine** |  | **3:00 PM**  [https://highlands.zoom.us/j/207083804?pwd=dkVmY3FPelJmQ3FnVFVaUjUyaEcyQT09](https://highlands.zoom.us/j/207083804?pwd=dkVmY3FPelJmQ3FnVFVaUjUyaEcyQT09 )  **Password: 584114** |  |  | **10:00 AM**  <https://highlands.zoom.us/j/151371301?pwd=ODJOZ0pDQnVaeGNleHpIUDRNTUF6QT09>  **Password: 948789** |
| **Adjusting to Online Classes** |  |  |  | **12:00 PM**  <https://highlands.zoom.us/j/272010200?pwd=cDRVM0Vqc3pRK2toTUJ4NU95NU1ldz09>  **Password:**  **354663** |  |