

April 7, 2020

Dear Students,

Today's update is a little different than my previous communications, I hope you find it helpful. With the isolation and added stress that can come with quarantining and social distancing, I want to remind you that student activities programming continues in the online environment. You may find a much needed break from the monotony of "sheltering-in-place" by participating in one, or many, of the programs being offered each week.

Some examples: the leadership development series is being presented online by Tim Lohrenz & Steven Peterman; Reverend Woeste is hosting a virtual Cookie Table Mondays, and the Lunch and Learn series continues on Fridays at noon. New programs are added to the calendar each week so check in regularly for the most up to date happenings in the virtual world. Follow this link to the Calendar of events: <https://www.rocky.edu/calendar>

THIS WEEK'S PREMIER EVENT: Beginning today, the Rocktivities department is presenting Jaime Tworkowski and his program TWLOHA, via YouTube. Jamie is the founder of "To Write Love on Her Arms," a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide.

Students, faculty and staff are invited to watch his special presentation then join in an online discussion.

- **YouTube presentation available Tuesday, April 7:** <https://www.rocky.edu/campus-life/activities/rmc-community-special-event-jamie-tworkowski>
- **On-line Goggle Meet discussion at 8pm on Wednesday, April 8:** meet.google.com/wbp-efcv-xwt

The presentation is specifically geared to bring hope to everyone struggling to understand our new normal. In this topical program, Jamie covers how to accept feelings of grief and disappointment over the cancellation of so many things in our lives.

In the words of Tworkowski himself, "Hope will not be cancelled." We look forward to sharing that truth with the Rocky community and hope you'll find time to watch TWLOHA. Please join the online discussion Wednesday at 8:00pm.

Brad