NOW AVAILABLE

EPPIC

Student Compassion Fund
Meeting the needs of our most vulnerable students during the COVID-19 crisis.

Are you a student who is facing undue financial hardship and in need of support and emergency assistance? Please connect to the link below to see if you qualify:
https://www.millersville.edu/currentstudents/eppic-compassion-fund-application.php

CONTACT US
Looking to read past editions of Stall Talk? Find them on our website: www.millersville.edu/chep
Email us: chep@millersville.edu • Call us: 717-871-4141
Twitter: @Educatepeers
Instagram: peerseducate

MIND YOUR HEALTH

Tips for Better Sleep
- Find consistency in going to bed and waking up at the same time each day
- Create a dark and relaxing environment
- Remove electronic devices from the bedroom
- Avoid meals, caffeine, and alcohol before bed
- Prioritize physical activity throughout the day

Source: https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html

Trivia Question
Q: How many dimensions of wellness are there?
A: In the next edition of Stall Talk

LAST EDITION:
Q: Mocha is a coffee usually flavored with which substance?
A: Chocolate


Establishing Individual and Collective Solutions
Join us on April 28, 2020
From 6 - 8 pm
Virtually via Zoom
Information on “How to Join” will be shared on April 27th

If not you, then who? If not now, then when?

Now, more than ever we need to engage with others around difficult topics to advance social justice and human rights. Won’t you join us for an evening of meaningful dialogue?

Event sponsored by: School of Social Work’s Learning Institute, Dr. Rita Smith Wade-El Intercultural Center for Student Engagement, and Housing and Residential Programs.

For more information please contact Dr. Karen Rice at karen.rice@millersville.edu or Jas Whillow at jasmine.whillow@millersville.edu

When we are no longer able to change a situation, we are challenged to change ourselves.” ~ Viktor E. Frankl