

## Graduate Student Community Events Calendar

**Lean On Me** is an online community support hotline where students can text in and talk anonymously to trained supporters, who are also CMU students. A small but important note: this service does not attempt to and cannot replace therapy services such as CaPS or crisis hotlines such as Samaritans. While we acknowledge that talking with a licensed therapist is very valuable for many students, we also recognize that there is immense value in our community supporting each other day-to-day. Our hope is that this service can do a great amount of good for students who just want a peer to talk to. Feel free to reach out to us with any questions or concerns as **well!**

**Need someone  
to talk to?**

*We're here for you. Send us a text!*

**(412)-530-4700**



a non-crisis support hotline

lean0n.me/cmu  
@leanonme.cmu

**Andy Eats:** A Listing of all Dining News

## **National Nutrition Month programming:**

- [Take a FREE Snack Break from Dining Services](#)
- [Nourishing Your Body: Honoring Your Hunger in Times of Stress Workshop](#)
- [National Nutrition Month Teaching Kitchen: Let's Make Veggie Sushi](#)  
*Sponsored by the Staff Council Wellness Committee*

## **Well-Being Resources and Links:**

YWCA Greater Pittsburgh is excited to share they are participating in a national **21 Day Racial Equity and Social Justice Challenge:**

The 21-Day Challenge is designed to create the opportunity to build deeper, more effective social justice knowledge, and understanding, particularly around issues of race, power, privilege, and leadership. Our challenge starts on Monday, March 1st and continues (Monday –Friday) through March 29th. **Please register [here](#) with YWCA Greater Pittsburgh**

**[Greater Good Podcast: Why We are Drawn to Nature](#)**

**[Stay Healthy | Pittsburgh Parks Conservancy](#)**

**[UnPack U Presents the Mindfulness Technique, Self Inquiry](#)**

**[Self Directed Wellness Resources](#)**