

News and Events for Student Parents

February 13th-20th is Puppet Week with Student Parent Programs!

Join us via Zoom on Saturday February 13th @ 10:30am for a **special puppet performance of *The Stories of Jack Ezra Keats*** - [click here to join](#)

- Follow us on **Facebook** for family friendly puppet crafts and activities throughout the school vacation week (2/13-2/20)
- Submit your pics and videos of your creations and your own puppet shows and they'll be featured in a compilation to close out Puppet Week.
- See our **events page** and **Facebook** for details.

Follow us on Facebook as we celebrate Black History Month

See [here](#) for a video of some amazing middle school students explaining Black History Month then check us out on **Facebook** where you'll find activity suggestions and resources all month long.

Support Group for Student Parents via Zoom - next meeting 2/22 @ 8:30p

Join fellow student parents every other Monday to connect, share stories and resources, and get the support you need during this challenging time. The group meets via Zoom at 8:30 pm. See [here](#) for upcoming dates and Zoom links.

SPP Office Hours - Wednesdays and Thursdays

You can sign up [here](#) for a virtual meeting with an SPP staff member on Wednesdays or Thursdays. We'll send you a link for the meeting once you sign up. You can also **email us** anytime with questions or to set up a meeting on a different day/time.

Looking for something fun to do on Valentine's Day? Try a family dance lesson!

The UAW/UMass Health and Welfare Trust Fund is sponsoring a family dance lesson on Sunday 2/14 at 11am - anyone with a UMass email can register - [Registration link here](#)

Spring COVID Policy Updates - Don't forget to update your address in SPIRE!

- Students who will be living in the Amherst area this Spring must abide by the **Interim Pandemic Policy**.
- All students living off-campus must provide their physical address for spring semester, which is the location where you will be primarily living and sleeping. You can change your physical address in SPIRE any time throughout the spring semester
- See [here](#) for FAQ's regarding campus policies related to COVID risk level status
- See [here](#) for information about free asymptomatic testing for members of the general public including how to sign up to have your children, ages 10 and older, tested at UMass. See the **FAQ's** for more information about bringing children with you and registering your child for community testing.
- See [here](#) for information about free asymptomatic testing for UMass students, faculty, and staff.

Follow us on **Facebook** and check out our **webpage** for more information about resources and support for parenting students as well as news about upcoming programming and events.

Community Resource Spotlight:

You wouldn't turn down a Pell Grant or a scholarship, so don't miss out on other financial support that you may be entitled to!

See [here](#) for more information about public benefits programs and community resources that can help ensure that your basic needs are met.

Please reach out to our staff at studentparent@umass.edu if you have any questions - we are happy to assist you with applications and provide additional information and resources. Applying is easier than ever with online application and registration options!

University Resource Spotlight:

UMassAmherst

Center for Counseling and Psychological Health

Center for Counseling and Psychological Health

Taking care of your emotional needs is critical to your health and your family's well being!

The Center for Counseling and Psychological Health (CCPH) offers a community of care to UMass Amherst students to help cope with stress or anxiety, find strategies to overcome challenges, promote mental wellbeing, and succeed in college life and beyond.

- See [here](#) for a complete listing of services.
- See [here](#) for a listing of groups and workshops offered for spring 2021 – including grad student support and therapy groups, groups for coping with anxiety and loss, and much more.
- See [here](#) for a few smart phone apps that their clinicians have found helpful – including resources for depression, anxiety, and mindfulness.

If you or someone you know is experiencing a psychological or emotional crisis, don't delay – get help right away! **CCPH's emergency services** are available 24 hours per day, 365 days a year.



Student Parent Spotlight

This month, we are giving a shout out to all of our student parents.

We see you and are in awe of your determination to pursue your goals while supporting your families during this challenging time.



We know that the majority of you have been faced with few good options for child care and/or school for your children and limited sources of support. Despite it all, we see you putting on brave faces for your kids and making sure their needs are met - and all while finishing courses, dissertations, papers, master's and bachelor's degrees. We strive to work as hard as you do and match your determination as we pursue our goal of making UMass the best it can be for student parents.

In next month's issue:

Details about upcoming programming and events

Featured community and university resources

Student Parent Spotlight

UMassAmherst

Student Parent Programs

We want your feedback!

If you have information or resources that you think we should include in an upcoming newsletter, [let us know!](#)

We're here for you!

We know that student parent families face a lot of uncertainty during this time. While our offices are not open for in-person support, you can **email** our staff and we will reach out to you within 1-2 business days.