

## From the Counseling and Wellness Center

Lee, Randolph M. <Randolph.Lee@trincoll.edu>

Thu 9/24/2020 8:24 AM

To: Lee, Randolph M. <Randolph.Lee@trincoll.edu>

To Our Trinity Community,

We in the Counseling and Wellness Center are writing to offer our continued support through these difficult times. We recognize the levels of anxiety and stress you may be experiencing as a result of the pandemic and other events occurring across our nation and in the world. As the needs of our campus community continue to evolve, we are committed to remaining present and prepared to offer consultation, support, or just an ear to listen and a voice to share your distress, your anger, your fear, or your confusion about events in our world, our country, or our community.

While we do not presume to have all the answers, we do have a commitment to you, our Trinity community, a desire to be here for you, and a sense of shared hope and trust that we will endure this—all of this—together. We hope that we can come together as a community to work through this trying time and continue to support each other. If any of you—students (wherever you are currently located), staff, faculty, administration—would like to speak with one of us in the Center, not necessarily as a “patient,” but perhaps as a colleague, friend, and fellow member of our community, please give us a call.

Our office manager, Kate Morrell, is in the office during regular business hours at our main number (860) 297-2415, and she can set up a time for you to chat virtually with one of us in the Center. If you prefer, call Dr. Lee directly on his cell phone (860-985-5567). If he doesn't answer immediately, he will respond as soon as he possibly can.

Right now, we need each other. We continue to be a strong and supportive community. We are all here for you.

Sincerely,

The Counseling and Wellness Center

Randy Lee, Kristine Kennen, Sarah Kopencey, Maryam Parvez, Erica Ronald, T’Kai Howard, Saleha Chaudhry, Tami Tiburtino, Allie Riege, and Kate Morrell