



Dear Students,

I wanted to reach out with some information that might be useful to you as you navigate the challenges we face together during this crisis. You and your families are in our thoughts and we want to support you as much as we possibly can. As the COVID-19 situation continues to evolve here are a few resources you might find helpful:

- **United Way 2-1-1** – Call 2-1-1 is a free information and referral resource connecting community members with available services. If you need assistance locating resources such as finding food, paying housing bills, accessing free childcare, or other essential services in your community, visit 211.org or just dial 211 to connect with a trained professional.
- **Ashford Blog** – If you haven't already, be sure to read the Ashford blog post [Coronavirus \(COVID-19\) and How to Manage Life, School, and Work with Kids at Home](#). In it, you'll find several tips to help you remain focused on your own schoolwork while keeping your kids engaged and entertained. (Just a side note: In our home, our two sons 8 and 13 are out of school because of COVID-19 and we're all learning to work and live in close quarters 24X7—you may be going through the same experience—so Good Luck to us all!)
- **Ashford Facebook Groups** – **“Social distancing”** is our newest buzz phrase. I think we should change it to **“physical distancing.”** We need to remember that we are, by nature, social beings and, more than ever, we need to keep **“socially connecting.”** It's a critical part of our emotional well-being. [Ashford Connections](#) is a place for potential and current students and alumni to support one another, share encouragement, and offer guidance. You can search content for answers to your questions or post your question in the group. To join our Facebook group, simply answer the membership question prompts and our community manager, [Natalie Mell](#), will review and approve your request.
- **Student Advocate HELPline** – Reach out through the HELPline when you find yourself in the greatest physical or emotional need. HELPline is a place to address concerns regarding your immediate safety and to identify community resources. If you are struggling with suicidal thoughts, the loss of a loved one, domestic violence, homelessness, or another hardship, email HELP@ashford.edu to connect with a Student Advocate.
- **Ashford Hub** – Visit [The Ashford Hub](#) to learn new ways to manage your time, to access videos on meditation and mindfulness, to receive inspiration and guidance for at-home exercise, and much more.

In closing, I know that this is a challenging, chaotic, and upsetting time. But I also know that this crisis will pass. I believe that we will learn from it and that in some very surprising ways this experience will bring us closer and help heal some of the divisions that have grown up in our society.

Please take care of yourselves and your loved ones and let us know how we can help you continue to pursue your dreams.

Sincerely,

Craig
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