



A support network for UAF PhD students @the Well

Space to Breathe



First meeting: Jan 31st, 9:30 am, 334, Duckering Building (the Well) (tea and biscuits will be served)

Spring 2020 - An informal, monthly gathering of UAF PhD students at 'the Well'. A time to take a breath, connect, co-support and discuss PhD life and strategies.

Contact Mat Wooller for more details: mjwooller@alaska.edu

The mental health of current Phd students demands urgent attention, according to a recent (Nov. 2019) article in 'Nature' (<https://www.nature.com/articles/d41586-019-03489-1>). 'the Well' (<https://sites.google.com/alaska.edu/thewell/home>) is hosting a monthly time and 'Space to Breathe' during the spring semester 2020 for all UAF PhD students to gather, connect, co-support and openly discuss PhD life and strategies to promote thriving and being well.