

# FALCONS HELPING FALCONS

## QUARANTINE RESOURCES

### COUNSELING SERVICES

The Center on Family Living staff is providing remote telehealth services to assist in meeting students' needs. Click [here](#) to schedule services.

### ACADEMIC SUPPORT

Make sure you're communicating with your instructors and attending all virtual class sessions to stay on top of your school work. We encourage you to meet with a tutor from the ARC at least 3-4 times a week as well. You can make Zoom appointment [here](#). Can't get a hold of your instructor or have an academic question or concern? Contact Ashley Borniger, Director of Undergraduate Success ([ashley\\_borniger@friends.edu](mailto:ashley_borniger@friends.edu)).

### FINANCIAL SUPPORT

Have questions about the FAFSA, your tuition or just need to see a friendly face? Make an appointment with a Financial Aid counselor [here](#).

### CAMPUS MINISTRIES SUPPORT

Have a prayer request, want to play Among Us, need a friend to watch a movie with, or out of toiletries? Contact Campus Pastors Haley Alloway ([haley\\_alloway@friends.edu](mailto:haley_alloway@friends.edu)) or Luke Stehr ([luke\\_stehr@friends.edu](mailto:luke_stehr@friends.edu)). They're here for you!

### QUICK LINKS

- [10 Ideas for Coping with Loneliness - Psychology Today](#)
- [How to Cope with Loneliness](#)
- [Staying Active](#)
- [Featured Fine Arts Events](#)
- [Guide to Reading the Bible](#)
- [Bible Studies](#)
- [Centering Prayer & Daily Prayer](#)
- [Mindfulness Practices](#)
- [Eating Healthy](#)
- [Free Master Classes](#)
- [Free EBooks](#)

### INSPIRATIONAL QUOTES

"If God is for us, who can be against us?" ~Romans 8:31

"Doing the best at this moment puts you in the best place for the next moment." ~Oprah Winfrey

"Home is a shelter for storms- all sorts of storms." ~William J. Bennett

"What a lovely surprise to finally discover how unlonely being alone can be." ~Ellen Burstyn

"Life imposes things on you that you can't control, but you still have the choice of how you're going to live through this." ~Celine Dion

"It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome." ~William James

"One day this will be over and we will be grateful for life in ways we never felt possible before." ~Matt Haig

"Reading gives us someplace to go when we have to stay where we are." ~Mason Cooley

~May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit." ~Romans 15:13

"Distance teaches us to appreciate the days that we are able to spend together and distance teaches us the definition of patience. It is a reminder that every moment together is special and every second together should be cherished." ~Unknown