Involvement Opportunities at Virginia Tech

If you're a Blacksburg local or Virginia Tech student that is looking to get involved with Virginia Tech-specific initiatives, look no further.

Mental Health

- Cook Counseling: The Cook Counseling Center at Virginia Tech has a few different programs in need of involvement from Virginia Tech students that we work with closely.
  - Cook Therapy Group
  - Calls to action
    - Videos/photos
  - Staff Bike CRM Convo Host CRM Convo Roundtable
  - Peer Support Comm
  - CRM Toolbox for club
  - CRM ambassadors
- Active Minds: A club at VT that aims to raise awareness about mental health, raise funds for critical mental health education and resources, promote positive mental health and wellness, educate students and educators about the signs and symptoms of mental health disorders, and encourage students who are struggling to reach out and seek help.
- Hokie Wellness: The mission of Hokie Wellness is to foster a healthier Virginia Tech community by providing prevention services, education, outreach, and resources to employees and students. The department strives to educate and empower every Hokie to take an active and engaging day-to-day approach to their wellness in order to enjoy a long, healthful, and purpose-filled life. Programs:
  - Peer Educators
  - Recovery Community
  - Hokie Collective
  - Hokie Hiccups
  - FEELS Group

Community Resiliency

- The Indigenous Community Garden/The Community Friendship Garden: The Indigenous Community Garden (also known as the Community Friendship Garden) provides an

opportunity for students, faculty, staff and other community members to learn how to care for our plant relatives and live in a good relationship with the natural world which sustains us while simultaneously promoting food security and awareness of Indigenous traditional ecological knowledge.

- Live Work Eat Grow Community Gardens: Excerpt from their website:
  "Our gardens provide space for individual and household plots, summer camp, potluck suppers and hands-on volunteer and educational opportunities. We are excited to have a learning and service environment that promotes the growing of healthy food and dynamic community.
  We currently have three community garden sites in Blacksburg with deer fencing, water access and gardening guidance. Individual plots are rented on an annual basis."

Disaster/Emergency Preparedness:

- Virginia Tech Emergency Management: Virginia Tech Emergency Management provides a wide variety of programs and services designed to promote emergency preparedness, response, and recovery at Virginia Tech. Programs:
  - Trainings and Exercises
  - Building Emergency Coordinators
  - Student Advisory Board
  - Departmental Plans

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