STUDENT RESOURCES

MONEY MATTERS
Notre Dame has compiled multiple resources.
https://coronavirus.nd.edu/contact-and-resources/financial-hardship/

SPECIAL GROCERY HOURS AND DELIVERY

Purple Porch Co-op
- Wednesday 8-10am for those over 65 or immunocompromised

Martins
- Tuesday, Thursday 7-9am for those at high-risk

Whole Foods
- Every day, 8-9am for those over 65

Meijers
- Tuesday, Thursday 7-8am for those at high-risk

- Martins delivery for $15
- Other delivery options include GrubHub, DoorDash, Dine in
- Curb-side pick-up available at Martins, Target, Whole Foods

UTILITY ASSISTANCE
South Bend resources:
https://southbendin.gov/covid-19-resources-support/covid-19-utility-support/

FOOD ASSISTANCE
Catholic Charities Food Pantry
- 574-234-3111
- Wednesday 10am-12pm, 5-7pm
- 1817 Miami Street

Food Bank of Northern Indiana through the Community Food Pantry of St. Joseph County
- Monday, Friday 9am-2pm
- Wednesday 10am-5pm
- 702 Chapin St

La Casa de Amistad
- Wednesday, 2-4:45pm
- 246 E. Meade Street

Kroc Center
- Monday, Wednesday 10am-2pm
- Requires ID or Green Card
- 900 W. Western Ave

St. Margaret’s
- Monday - Friday 12-1:30pm
- 17 N. Lafayette Blvd

Real Services Meals on Wheels
- 574-236-1646
- Tuesday, Thursday 10am-12pm
- 520 Crescent Avenue
- Requires ID, once a month only

FOR CHILDREN
South Bend Community Schools
- Various locations and times

Wings over South Bend
- Monday - Friday 7am-5pm
- 1124 E. Angela Blvd #101
- Children in K-12

ACADEMICS
The Graduate School of Notre Dame, Office of Professional Development will be hosting virtual chats on productivity and more:
https://graduateschool.nd.edu/graduate-training/career-development/

BROUGHT TO YOU BY THE NOTRE DAME GRADUATE STUDENT UNION
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STUDENT RESOURCES

MENTAL HEALTH
University Counseling Center: https://ucc.nd.edu/
Videos for pandemic resiliency from Massachusetts General Hospital:
- https://vimeo.com/398662231/748f60ecce
- https://vimeo.com/398675016/b40bf3a0ba
- https://vimeo.com/400727093/254169fb7e
- https://vimeo.com/40092635/094cc41127
Podcasts from the Benson-Henry Mind Body Institute:
- https://tinyurl.com/gybee59h
- https://tinyurl.com/yaybkbfp
- https://tinyurl.com/ydee5l9h
Koru Resources for Mindfulness

PHYSICAL HEALTH
Notre Dame offers Wellbeats (free for all students)
Videos by Steve Kroji:
- youtube.com/channel/UCmokHtASQL_cA6LR6Xipkw
Tracks and running routes:
- East Bank Trail (3.5 mi): https://www.traillink.com/trail/east-bank-trail-(in)/
- North Side Trail (3 mi): https://www.traillink.com/trail/northside-trail/
- Notre Dame routes: https://recsports.nd.edu/fitness/campus-fitness-routes/

SPIRITUAL HEALTH
Weekly prayer led by member of the Fischer graduate community (all welcome):
- Thursday 9pm
- notredame.zoom.us/j/239679212
Notre Dame live stream mass
- Sunday 10am, Monday - Saturday 11am
- https://campusministry.nd.edu/
Speak with Notre Dame minister:
- https://campusministry.nd.edu/about/support/need-to-talk/
- All spiritual directors:
  https://campusministry.nd.edu/about/support/spiritual-direction/
Meditation videos available on Wellbeats

STUDENTS WITH DEPENDENTS
The Notre Dame Family Resources Center is hosting many virtual events. Please email the FRC for more information. Examples of events:
- Virtual chat for expectant parents
- Virtual chat for parenting students
- Virtual office hours

VOLUNTEER OPPORTUNITIES
Trio/Upward Bound tutoring
- Rafael Matiz rmatiz@nd.edu
Real Services
La Casa de Amistad
- If you are an adult who is local, healthy, no part of an at-risk population, and is willing to volunteer, please contact Nancy Diaz at nancy@lacasadeamistad.org
- Our food pantry will continue to operate on Wednesdays from 2PM to 4:45PM. We ask for community volunteers to help, please contact Juratk@junk@gmail.com

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