



PROGRAMS & EVENTS

wellness workshops

lunch & learns

mid-quarter "recharge"

weekly meditation group

Wellness Matters

The Biosciences Wellness Matters program provides curriculum, programs, and events that promote self-care, resiliency, and improved wellness among our graduate student community.



COMMUNITY SUPPORT

Biosciences peer mentors (BioPeers)

bi-monthly "TLC" community event

student wellness panel

annual wellness survey



RESOURCES

biosciences.stanford.edu/wellness

online wellness calendar

monthly e-newsletter



Questions?
Contact
Monica Devlin
mkdevlin@stanford.edu

Meet the **BioPeers**

Who We Are

2nd-5th year Biosciences graduate students from diverse backgrounds and various home programs.



How We're Trained

Trained by medical and counseling professionals in:

- Ethics and boundaries
- Counseling skills
- Implicit bias awareness
- Suicide prevention
- Stanford resources

What We Do

BioPeers provide **peer-to-peer support** and nonjudgmental listening to help you navigate the **challenges of graduate school.**



How to Reach Us

biosciences-
biopeers@lists.stanford.edu

<https://goo.gl/QPCUA1>

