



Pitt

Office of
Veterans Services

April Newsletter

Upcoming Events

The Mission Continues Food Bank Prep

9:00 am - 1:00 pm., Friday, April 4th, Spartan Community Center of Hazelwood - formerly St Stephen School, 134 East Elizabeth St. Pittsburgh, PA 15207. The Mission Continues needs assistance unloading delivery trucks on the Friday before the food bank. Must be able to lift 50 lbs. Register [here](#).

The Mission Continues Food Bank

9:00 am - 1:00 pm., Saturday, April 5th, Spartan Community Center of Hazelwood. The Mission Continues runs a monthly food bank for the community. It's an incredible opportunity to get involved and give back! Register [here](#).

Resume Workshop, Headshots & Mock Interviews

11:00 - 1:00 pm., Thursday, Apr. 10, Posvar Hall - McCarl Center Conference Room 1429. Meet with Carol Balk, Career Consultant, to discuss and ask questions regarding resumes or cover letters, specifically for Military connected individuals. Carol will also be available for mock interviews. A headshot backdrop and light will also be available for professional use, free of charge. Headshots will be taken on your phone. No appointments necessary, walk-in only.

SVA Chapter Meeting

1:30 p.m., Friday, April 11, McCarl Center Lounge. A representative from VetJobs.org will be joining the group to discuss how they can assist in job opportunities and to provide resources to students. This will be the last student group meeting of the semester.

TMC Earth Month: Rooted in Service with Hazelwood Community Garden

1:00 pm - 3:30 pm., Saturday, April 19th, Hazelwood YMCA - 4713 Chatsworth Ave Pittsburgh, PA 15207. Join SVA at the Hazelwood Community Garden for an inspiring day of service! We're collaborating with Hazelwood Local, Hazelwood Initiative, and the Hazelwood Community Garden for this project. We'll refresh the garden and bring it to life —turning it into a vibrant, welcoming hub for our community to thrive. Let's roll up our sleeves and make an impact! Register [here](#).

MC Earth Month: Rooted in Service with Everybuddy's Garden Litter Cleanup

2:30 pm - 4:30 pm., Saturday, April 26th, "Everybuddy's" Garden – 303 West Elizabeth Street Pittsburgh, PA 15207. Join SVA at Everybuddy's Garden for an inspiring day of service! We'll clean up the garden —turning it into a vibrant, welcoming hub for our community to thrive. Let's roll up our sleeves and make an impact! Register [here](#).

Campus Events

Meditation Mondays at Heinz Chapel

12:00 - 1:00 pm., Every Monday until the end of the semester, Heinz Chapel. Join us every Monday at noon for an hour of recorded guided and sound meditation among the beautiful gothic architecture and stained-glass windows. Heinz Chapel also offers quiet hours each Monday from 4:00-6:00pm for study, prayer or reflection.

Ask a Therapist

Looking for support or guidance? "Ask a Therapist" is a free, drop-in service where Pitt students can have a confidential, 15-minute consultation with a therapist from the University of Pittsburgh Counseling Center. Whether you need help with a specific issue, want to learn about our services or just need some tips for managing your emotional well-being, we're here for you! To sign up, or find a date, visit the campus calendar by clicking [here](#).

Mock Lead Climbing Practice Workshop

This is an opportunity to get a short lesson on lead climbing or to practice mock leading, belaying, or improving clipping. All rental gear will be provided or feel free to bring your own climbing shoes! To sign up, or find a date, visit the campus calendar by clicking [here](#).

Care Talk: Emotional Wellness - Overcoming Burnout

1:00 - 2:00 pm., Thursday, Apr. 3, Virtual Event. If you're feeling overwhelmed by the pressures of everyday life, then this workshop will help bring your life back into balance. Learn to identify the symptoms of burnout and strategies for coping with and avoiding it. By registering for this webinar, you will receive a follow up communication with the playback link of the live session. To sign up, visit the campus calendar by clicking [here](#).

Navigating Student Loan Repayment

12:00 - 1:00 pm., Friday, Apr. 4, Virtual Event. Student Loans and repayment have been in the news lately. Join the Financial Wellness Center as we discuss the loan repayment options, provide information to help you resume payments and to navigate the recent changes. If you are new to borrowing or have had loans for a while now, come join us as we provide invaluable information to you. To sign up, visit the campus calendar by clicking [here](#).

Bingo Night

6:00 - 8:00 pm., Friday, Apr. 4, William Pitt Union, 630. Get ready for a Bingo Night full of laughter, prizes, and friendly competition! Play for free, win awesome prizes, and enjoy delicious snacks while you mark your lucky numbers!

Dress for Success: Closet to Career

10:00 - 1:00 pm., Wednesday, Apr. 9, Cathedral of Learning, 35th Floor Conference Room. This clothing drive and swap event is where professionals and job seekers can donate or pick up new and gently used business attire—perfect for interviews, work, and beyond! Go to the 35th Floor of the Cathedral of Learning to browse for new clothes while earning HOCC credit.

Self-Care Fair

11:00 - 2:00 pm, Wednesday Apr. 16, Schenley Quad, Take a break from studying! Join Student Health Services for activities to de-stress and practice self-care. Including, Fun activities, snacks, giveaways, DIY self-care kits, and visit with therapy dogs! While supplies last.

Planning for Life Milestones (by TIAA)

12:00 - 1:00 pm, Wednesday, Apr. 16, Virtual. A lot of big events in life can impact your long-term financial well-being. In this webinar we'll look at what you can do to prepare for and manage these key milestones if and when they happen to you. Get insights that help you, understand how major life events like marriage, home buying, divorce and the loss of a loved one can impact your long-term financial goals and more!

Sports

- **Softball at RMU:** 4 p.m., Tuesday, April 1.
- **Baseball at WVU:** 6:30 p.m., Wednesday, April 2.
- **Women's Gymnastics at NCAA Regional Championships:** 1 p.m., Thursday, April 3.
- **Track & Field at Florida Relays:** All day, Friday and Saturday, April 4 and 5.
- **Softball at Notre Dame:** 6 p.m., Friday, April 4, 1 p.m., Saturday, April 5 & 12 p.m., Sunday, April 6.
- **Men's Soccer vs. Vaughan SC:** 7:30 p.m., Friday, April 4.
- **Women's Lacrosse vs. Duke:** 12 p.m., Saturday, April 5.
- **Baseball vs. University of Miami:** 3 p.m., Saturday, April 5 & 1 p.m., Sunday, April 6.
- **Women's Soccer vs. Bowling Green:** 5 p.m., Sunday, April 6.
- **Baseball at Youngstown State:** 5 p.m., Tuesday, April 8.
- **Softball vs. Ohio State:** 6 p.m., Wednesday, April 9.
- **Women's Lacrosse at RMU:** 6 p.m., Wednesday, April 9.
- **Baseball at Virginia:** 6 p.m., Friday, April 11, 4 p.m., Saturday, April 12 and 1 p.m., Sunday, April 13.
- **Softball vs. Duke:** 6 p.m., Friday, April 11.
- **Track & Field at Bison Outdoor Classic:** All day, Saturday, April 12 and Sunday, April 13.
- **Women's Lacrosse vs. Notre Dame:** 12 p.m., Saturday, April 12.
- **Football Blue-Gold Spring Game:** 1 p.m., Saturday, April 12.
- **Women's Volleyball vs. Ohio State:** 1 p.m., Saturday, April 12.
- **Softball vs. Duke:** 3 p.m., Saturday, April 12 and 1 p.m., Sunday, April 13.
- **Men's Soccer at Spring Soccer Cup:** TBA, Sunday, April 13.
- **Women's Volleyball vs. Michigan:** 1 p.m., Sunday, April 13.
- **Softball at Penn State:** 5:30 p.m., Tuesday, April 15.
- **Baseball at Kent State:** 6 p.m., Tuesday, April 15.
- **Women's Lacrosse at Clemson:** 5 p.m., Thursday, April 17.
- **Baseball at Duke:** 6 p.m., Thursday, April 17, Friday, April 18 and 1 p.m., Saturday, April 19.
- **Softball vs. Virginia Tech:** 6 p.m., Thursday, April 17, 6 p.m., Friday, April 18 and 2 p.m., Saturday, April 19.
- **Track & Field at UVA Challenge:** All day, Friday April 18 and Saturday, April 19.
- **Softball vs. Saint Francis:** 6 p.m., Tuesday, April 22.
- **Baseball vs. Mercyhurst:** 6 p.m., Tuesday, April 22.
- **Track & Field at Penn Relays:** All day, Thursday April 24 and Saturday, April 26.
- **Baseball vs. North Carolina:** 6 p.m., Friday, April 25, 3 p.m., Saturday, April 26 and 1 p.m., Sunday, April 27.
- **Softball at Minnesota vs. Minnesota:** 7 p.m., Friday, April 25 and 1:30 p.m., Saturday, April 26.
- **Softball at Minnesota vs. North Dakota:** 1 p.m., Saturday, April 26.
- **Softball vs. RMU:** 6 p.m., Tuesday, April 29.
- **Baseball at Akron:** 6 p.m., Tuesday, April 29.

Earth Month Activities

EcoArtisans Second Annual Art Expo

10 a.m.-2 p.m., Wednesday, April 2, WPU Lounge, Patio and Lawn. Join the Student Office of Sustainability while they host their second annual EcoArtisans Exhibition to promote environmental awareness through art on Pitt's Campus

Science Storytelling: Biodiversity Resiliency and Global Change

3-5 p.m., Thursday, April 3, Benedum Hall 102. This event brings together researchers and science communicators from the Carnegie Museum of Natural History, the Carnegie Science Center and the University of Pittsburgh who are studying the resiliency of our ecosystems on Earth. Snacks provided!

Be a Good Neighbor: Service Day

All day, Saturday, April 5, multiple campus locations. Join the University of Pittsburgh in their final day of service alongside partners from Pitt's Neighborhood Commitments, Homewood, Hill District, Oakland and Hazelwood to volunteer on service projects.

Spring Sustainability Symposium and Sustainability Awards

8:30 a.m.-3 p.m., Friday, April 18, WPU. Save the date for Pitt's annual Sustainability Awards and Spring Symposium!

Benefits Information

Spring 2025 Benefits Information

Information regarding chapter benefits for the Spring 2025 semester can be found by clicking [here](#).

Switching from Chapter 31 to Chapter 33

Information regarding the switch between Chapter 31 (VR&E) and Chapter 33 (Post 9/11 GI Bill) can be found by clicking [here](#).

Resources

One-on-One Coaching Session with the Office of Financial Wellness

The Financial Wellness Center offers confidential and personalized financial coaching appointments. In a one-on-one setting, students can discuss their financial goals and learn about money management strategies and financial tools. Topics covered in financial coaching appointments include budgeting, saving, understanding credit, student loan repayment, and more. We do not offer tax advice, investment consulting, or sell financial products to students. We are available to help you navigate through your financial decisions and suggest resources to aid in your decisions.

Schedule an Appointment: <https://financialwellness.pitt.edu/schedule-appointment>

VA Student Hotline

888-442-4551

CHAMPVA

Open Monday through Friday, 8 a.m. to 7:30 p.m. ET
800-733-8387 (TTY: 711)

Office of Veterans Services

Office Hours

8:30 a.m.-4 p.m., Monday through Friday
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