



Hi Ram Fam,

Greetings from the Office of Parent and Family Relations! As promised, we are excited to share another initiative created just for parents and families of West Chester students. This summer, we will partner with the [WCU Counseling Center](#) to create episodes of our podcast, the [Ram Fam Podgram](#), intended to support you in supporting your WCU student.

Throughout the summer, we will cover topics related to talking to your student about alcohol and other drugs, family communication strategies, managing medication, setting boundaries, supporting your first-generation or student of color, and listening skills.

You can listen to all the episodes of the Ram Fam Podgram [here](#). New episodes will release every other Friday. We hope you will take a listen!

As always, you are welcome to contact the Office of Parent and Family Relations at [ParentFamilyRelations@wcupa.edu](mailto:ParentFamilyRelations@wcupa.edu) if you have any questions or concerns.

Happy listening and Rams Up!

**Lexie McCarthy, M.S.**

Director, [Parent and Family Relations](#)

P.S. Have you purchased our exclusive [Ram Fam Spirit Pack](#) yet?! For just \$30, you will receive a full box of Ram Fam swag that the whole family will enjoy! Proceeds will benefit the [Family Fund](#), which provides engaging experiences for all Golden Rams.

# WEST CHESTER UNIVERSITY

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