

ISPY Programs



See the group details below and get in touch with their leaders via email or through their Facebook group to get involved!

OISS encourages international spouses and partners to get involved and make your stay at Yale a positive and enriching experience. See the many ISPY events listed below and feel free to contact the group organizers for more details. If you would like to start a group of your own, please [contact Molly Hampton, Associate Director for Engagement](#). [1]

African Cultures & Languages Group

Wednesdays, 2:30-3pm, OISS, 421 Temple Street

This group is for anyone interested in learning more about African Culture and learning some African languages. There will be a different topic every week and all are welcome to attend. Please join the [ISPY African Cultural Group](#) [2] on Facebook for details and updates, and email africanculturalgroup.isp.yale@gmail.com [3] with any questions.

Babies @ Yale

Mondays, 10-11:30am, OISS, 421 Temple Street

This playgroup is an ideal opportunity for little ones to begin socializing and learning about group play. This is also a great meeting place for parents and caregivers looking for opportunities to practice speaking English, and for everyone to share experiences, tips and ideas. As the International Center does not offer a child-proof setting, Babies @ Yale is recommended for babies that will be content playing together behind the glass partition (up to approximately one year). Please bring your own toys and books to enjoy during the meetings. If you are interested in joining the group please join the [Babies @ Yale Facebook group](#) [4], or find them on Whatsapp at Babies @ Yale!

Chinese Conversation Group

Fridays, 2:30-3:30pm, OISS, 421 Temple Street

The Chinese Conversation Group provides a relaxing environment that offers opportunities for conversing in Mandarin Chinese. People of all skill levels are welcome, including beginners, experts, native speakers, and everyone in-between. Please join us! You can improve your Chinese and learn more about China and Chinese culture by discussing a variety of topics. Please contact yaleoisschinesegroup@gmail.com [5] or on Wechat with

ID: Yale OISS Chinese Conversation!

Chinese Painting & Calligraphy

Thursdays, 3-4:30pm, OISS, 421 Temple Street

Our Chinese Painting and Calligraphy group is excited to try to jump-start this group again with two sessions this spring! Supplies will be provided for these first two sessions, so come learn the art of Chinese Painting. All are welcome and if you're interested in helping to lead this group, please come to these first two sessions to learn how to get involved! This is an adults only group, so no children please.

Drawing Techniques

Thursdays, 10 AM - 12 PM - OISS, 421 Temple Street (adults only)

Looking to flex your artistic muscles? Join us for our weekly meetings with Doron Wolf (check out his very impressive [art website](#) [6]) to learn various drawing techniques. Explore creativity in our weekly drawing meetings, mastering techniques like line, texture, light and shadow, and color. Immerse yourself as we use pencils, ink, soft pastels chalks, and markers, embarking on a comprehensive journey through drawing methods. Dive into still life, portraits, and landscapes during interactive sessions, nurturing observation and creativity. With group and individual guidance, you'll gain practical experience to enhance your artistic ability. Whether a beginner or experienced, these sessions foster foundational skills and creativity, propelling your artistry. Join us to refine your craft and reach new heights in a welcoming community; adults only. For updates on weekly sessions, [please join the group on WhatsApp](#) [7]!

Job Hunters

Meets twice a semester, [join mailing list for details](#) [8]

Are you looking for a job? (Or will you be looking for one in the future?) Join our group and learn from others about creating effective resumes in the American way and writing superb cover letters, networking like a pro, nailing job interviews, and in general just to get support through the (sometimes stressful) process of job hunting. You don't have to go through it alone! For more information, [please join our mailing list](#) [8].

Mindfulness Practice Group

Wednesdays, 5:30-6:30 PM - OISS, 421 Temple Street

Looking for a mid-week breather? Every Wednesday evening, we come together to explore the world of mindfulness in a relaxed yet focused setting. Ideal for both newcomers and those familiar with mindfulness, our group delves into simple, effective techniques such as Mindful Breathing and Body Scanning. Our sessions are about unwinding, learning, and enjoying the journey towards mindfulness. It's a space where you can ease your stress, find a moment of peace, and connect with like-minded individuals. Join us to add a touch of tranquility to your week. Stay updated through our [WhatsApp group](#) [9]. Embrace a more balanced and energetic life with us!

Pilates Group

Tuesdays, 5:30-6:30pm, OISS, 421 Temple Street

Looking to strengthen your body and mind? Join us for our weekly Pilates sessions with Eline Laga, a certified Pilates instructor, and active member of our ISPY community. Classical Pilates corrects muscular imbalances and improves posture, coordination, balance, strength, and flexibility. No prior experience is necessary and all fitness levels are welcome in our judgement-free zone. Release those feel-good endorphins and find your center as you

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flow through the movements. Leave feeling balanced, strong, and refreshed. For updates on weekly sessions, [please join the group on WhatsApp](#) [10]! See you on the mat as we strengthen, stretch, and smile our way to our best selves. Please bring your own mat!

Spanish Conversation Group

Mondays, 1-2pm and Fridays, 11am-12pm, both at OISS, 421 Temple Street
Thursdays, 12-1pm over Zoom

Our Spanish Conversation Group is back! This group is open to native or intermediate speakers who are looking to come together for an hour each week to socialize in Spanish. Please join us for an hour of good conversation and help us to reinvigorate this group! For weekly updates and more information, [please join the group on WhatsApp](#) [11]!

Toddlers at Yale

Tuesdays & Thursdays, 10:00am - 12:00pm - around New Haven (see Facebook group for details)

Meet fellow parents, bring your toddlers, and bond over shared experiences as international families in New Haven! This is best for toddlers ages 1-4. Please join the [Toddlers at Yale Facebook group](#) [12] to get updated information.

Source URL:<https://oiss.yale.edu/programs-events/for-spouses-partners/ispy-programs>

Links

[1] <https://oiss.yale.edu/about/oiss-staff/molly-hampton> [2] <https://www.facebook.com/groups/1113520666168968> [3] [mailto:africanculturalgroup.isp.yale@gmail.com](#) [4] <https://www.facebook.com/login/?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2F917476348343746%2F> [5] [mailto:yaleoisschinesegroup@gmail.com](#) [6] <https://www.doron-wolf.com/> [7] <https://chat.whatsapp.com/Hnmyy1WN8VLGF1dBDfal3f> [8] <https://docs.google.com/forms/d/1QrA26rnGcXfpBAXIJvUheAv3lO76jCoub1tOGCyBS8A/prefill> [9] <https://chat.whatsapp.com/BxTujeN8JTdDQcmJvTwLzv> [10] <https://chat.whatsapp.com/HdDjf8m8x9N5pMWT8xdPs1> [11] <https://chat.whatsapp.com/FdkOtDtGspzF3gSEgnAKPb> [12] http://www.facebook.com/login/?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2F327978234225840%2F%3Fmulti_perma%3D485455528478109%26notif_t%3Dgroup_activity%26notif_id%3D1505141659580425