

Counseling & Wellness Center Presentation Schedule

Spring 2022

CULTURE CLUB GROUP

Second Wednesday of each month

(Jan 12th, Feb 9th, Mar 9th, April 13th, & May 11th)

2:00 p.m.

This group will be utilized to start the discussion on identity development and exploration, culture, language, and the similarities and differences amongst the diverse culture of our campus. We encourage students to bring relevant topics or concerns to discuss and explore while celebrating their roots.

Click link to register: <https://tinyurl.com/ccmculture>

LGBTQIA+ GROUP

Every other Tuesday starting on February 1st

12:30 p.m.

This group provides a safe and confidential place for the CCM LGBTQIA+ community to chat, discuss relevant topics, and support each other.

Click link to register: <https://tinyurl.com/LGBTQ-groupup>

ANXIETY & DEPRESSION SUPPORT GROUP

Every other Tuesday starting on February 8th

12:30 p.m.

This support group is designed to help you gain a different perspective on how to understand your own anxiety and depression, and will give you tips & techniques on how to handle stress.

Click link to register: <https://tinyurl.com/anxdepgroup>

WORKSHOPS

How to Work Through Feeling Rejected

Tuesday, February 8th at 12:30 p.m.

Ever second guess yourself? The way we feel and view ourselves have a great impact on our performance, resiliency, and how we deal with rejection. Learn to build up your own resiliency to feel more confident about who you are.

Click link to register: <https://tinyurl.com/ccmrejection>

Tackle Procrastination & Improve Motivation

Thursday, February 10th at 12:30 p.m.

How many times have you said "I'll do it tomorrow" in the past week? Procrastination affects us all and can be a hard pattern to change, especially when motivation levels are low. This presentation will help you identify areas of procrastination and teach you ways to set goals, understand your motivation style, and get things done!

Click link to register: <https://tinyurl.com/ccmprocrastination>

Improving Your Relationship with Food and Your Body **(presented by Renfrew Center)**

Tuesday, February 22nd at 12:30 p.m.

New Years resolutions and #fitlife trends can make your relationship with food difficult. The Renfrew Center will be presenting strategies and tips to improve your relationship with your body and food.

Click link to register: <https://tinyurl.com/ccmhealthybody>

Build Your Own Toolbox to Tackle Anxiety

Wednesday, April 6th at 2:00 p.m.

This presentation is intended to help increase your understanding & knowledge about anxiety. The goal is to provide you with some skills to recognize and manage symptoms you may be experiencing, and life-long tools you can use while facing anxiety-triggering situations.

Click link to register: <https://tinyurl.com/ccmanxietytoolbox>

Feel Confident on Your Exams (No Stress Required!)

Thursday, April 28th at 12:30 p.m.

Do you ever feel stressed or like there is not enough time to prepare for your exams? Or maybe you study for hours and still struggle when test day arrives? This presentation will offer time management and study strategies to help you prepare for your exams and be successful in your courses.

Click link to register: <https://tinyurl.com/beatstressccm>

Counseling & Wellness Center Workshop Schedule

Spring 2022

MARCH is DE-STRESS FEST MONTH!

Learn How to De-stress with Fun Activities & Activities!

STRATEGIES TO BRING BALANCE INTO YOUR LIFE

Tuesday, March 1st at 12:30 p.m.

Are you feeling stressed out, overwhelmed or pulled in many directions? Learn manageable ways to achieve better balance by introducing the 8 Dimensions of Wellness Model into your life.

Click link to register: <https://tinyurl.com/ccmbalance>

ALL ABOUT MINDFULNESS

Thursday, March 3rd at 12:30 p.m.

The practice of mindfulness can help promote resilience, improve stress management, and compassion for self and others. This workshop will allow you to learn and practice a variety of mindfulness techniques as a means to promote good physical and mental health to meet the challenges of daily life.

Click link to register: <https://tinyurl.com/ccmindfulness>

SWEET DREAMS SLEEP HYGIENE

Thursday, March 10th at 12:30 p.m.

Many factors contribute to your sleep. Maintaining healthy sleep is a habit that you can learn. This presentation will provide you with some tips and small changes that you can make in your daily routine to help ensure adequate sleep.

Click link to register: <https://tinyurl.com/ccmsleep>

SEEDS OF CHANGE

Wednesday, March 23rd at 11 a.m.

Sometimes our environment is a little prickly and we find ways to adapt to the changes that life brings our way. Planting little seeds of self-care into our daily lives can sprout some big life changes too. Join us to plant little seeds of change and coloring event

TBD

STRESS-FREE TIPS & TRICKS FOR TEST-TAKING

Tuesday, March 29th at 12:30 p.m.

Preparing for exams can be stressful, but it doesn't have to be! Learn effective time management, test-taking, and study strategies to succeed on your tests and in your classes without increasing your stress.

Click link to register: <https://tinyurl.com/ccmtests>

April is Sexual Assault Awareness Month

April is SEXUAL ASSAULT MONTH

April marks Sexual Awareness Month. The purpose of this month is to raise awareness about sexual assault and educate the community on prevention and intervention.

Please visit the Counseling website for a list of events:

<https://www.ccm.edu/student-support-services/campus-services/counseling-and-wellness-center/>

