

COUNSELING & WELLNESS CENTER

FALL 2023 PRESENTATION SCHEDULE

NEURODIVERSITY GROUP

Do you consider yourself a part of the neurodivergent community? Are you looking for support and want to make friends on campus? The neurodiverse population can include individuals on the Autism Spectrum, ADHD, Tourette's syndrome, and Learning Disabilities. Join us to learn more about yourself and make new connections with your peers!

Every other Wednesday starting on Sept 13
2 p.m.
Cohen Hall 104

Group Meetings Dates:
Sept 13, 27
Oct 11, 25
Nov 8
Dec 6

The 200% CULTURAL EXPERIENCE GROUP

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. Multiculturalism is often viewed as a detriment because their lives are viewed as "parts of" or "fragments from" a variety of backgrounds. This group hopes to raise awareness that the 200%ers do exist - the multicultural Americans that have an abundance of diversity and culture. We encourage students to bring relevant topics or concerns to discuss and explore while celebrating their roots.

Every other Thursday starting on Sept 14
12:30 p.m.
Cohen Hall 104

Group Meeting Dates:
Sept 14, 28
Oct 12, 26
Nov 9
Dec 7

LGBTQIA+ GROUP

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

Every other Tuesday starting on Sept 19
12:30 p.m.
Cohen Hall 102

Group Meetings Dates:
Sept 19
Oct 3, 17, 31
Nov 14, 28
Dec 12

STUDY UP ON YOUR MENTAL HEALTH: MENTAL HEALTH EDUCATION GROUP

With all the buzz words floating around about mental health disorders, it may become difficult to separate out the truth from the hype. Join us as we discuss what common mental health diagnoses truly are, how they manifest, and strategies to manage them.

Once a month starting Sept 21
3 p.m.
CH 104

Group Meeting Dates:
Sept 21
Oct 19
Nov 16
Dec 7

Puff Puff Pass - Cannabis 101

Think you know everything about Marijuana? Come to this presentation to learn about the basics of marijuana/cannabis use including information about marijuana products, marijuana and brain development, the pro's and cons of using, and the influence of peer pressure. Presented by Prevention Is Key - substance use organization of Morris County

Oct 10 @ 12:30 p.m.
Cohen Hall 104





CULTURAL CROSSROADS: Unraveling Immigrant Experiences and Generational Guilt

Those impacted by migration experience an intricate journey of navigating a new identity and culture. This presentation will examine the diverse narratives that emerge from the immigrant experience and the influence of cultural adaptation, family expectations, and identity development. Participants are welcome to share their own experiences to enrich the conversation around the intricate interplay of heritage, identity, and the enduring legacy of immigrant guilt.

Tuesday, Oct 24 @ 12:30 p.m.
Cohen Hall 104

National Coming Out Day

National Coming Out Day (NCOD) celebrates all who have come out as LGBTQ+ and honors this courageous act. Whether you are part of the LGBTQ+ community or an ally, celebrate with us on this important day.

Wednesday, October 11 @ 12 p.m. - 2 p.m.
Student Community Center (SCC) Lobby

ABC's of ASD

This presentation will give you insight into better understanding Autism Spectrum Disorder (ASD). Whether you are on the spectrum or just want to learn more about ASD, this presentation is for you. Join us as we discuss and celebrate all things ASD!

Wednesday, Nov 15 @ 2 p.m.
Cohen Hall 104

SAY THE "F" WORD: How to Handle Failure

Failing feels bad. Many people will go to great lengths to avoid failing so they don't have to feel painful emotions. Learn how to cope with and handle failure in a healthy way so you can bounce back better than before.

Thurs, Nov 2 @ 12:30 p.m.
Cohen Hall 104

TIME MANAGEMENT

There are 24 hours in a day, yet that doesn't feel like it's enough. Join this workshop to learn how to make time work for you, combat procrastination, and increase motivation.

Meeting Dates:

Thurs, Sept 7 @ 12:30 p.m. Cohen Hall 271
Wed, Oct 4 @ 11 a.m. Cohen Hall 271
Tues, Nov 7 @ 2 p.m. Cohen Hall 271
Mon, Dec 4 @ 10 a.m. Cohen Hall 271

STUDY & TEST TAKING STRATEGIES

Staring at your notes and freaking out? Join this workshop to learn about different learning styles, different strategies to incorporate into your study habits, and learn ways to better prepare for your exams.

Meeting Dates:

Wed, Sept 21 @ 11 a.m. DeMare Hall 100
Mon, Oct 16 @ 2 p.m. Cohen Hall 162
Tues, Nov 16 @ 12:30 p.m. Cohen Hall 162
Tue, Dec 5 @ 2 p.m. Cohen Hall 162

THERAPY DOGS

The pups are back! Take some time off from studying for your midterms and finals and come relax and play with the therapy dogs.

Thursday, Oct 12 - outside the SCC building
Tuesday, Nov 28 - SCC Lobby



Off-Campus Community Agency Visits

HOPE ONE

HOPE ONE is a mobile support agency that helps individuals dealing with addiction and mental health concerns. HOPE ONE provides several different resources like meal vouchers, Narcan kits, linkage to services including treatment, recovery support, behavioral health and much more. Services include:

- *Access to Detox
- *Access to Rehab
- *Access to Mental Health Services
- *Access to Recovery Services
- *Information & Support
- *Free Narcan Training

HOPE ONE will be on campus on the following dates:

Monday, September 18, 11 a.m. to 2 p.m. - Student Community Center Lobby
Tuesday, October 17, 11 a.m. to 2 p.m. - Student Community Center Lobby
Wednesday, November 15, 11 a.m. to 2 p.m. - Student Community Center Lobby
Thursday, December 7, 11 a.m. to 2 p.m. - Sheffield Hall Alcove

NAVIGATING HOPE

NAVIGATING HOPE is a mobile outreach initiative designed to provide social services to individuals in need. NAVIGATING HOPE offers on-site benefits eligibility screenings and application assistance, as well as linkage to other community services. Services include linkage to:

- *SNAP (Supplemental Nutrition Assistance Program)
- *Medicaid
- *General Assistance (Cash)
- *TANF (Temporary Assistance for Needy Families)
- *Utility Assistance
- *Housing Assistance

NAVIGATING HOPE will be on campus on the following dates:

Thursday, September 14, 11 a.m. to 2 p.m. - Student Community Center Lobby
Tuesday, October 3, 11 a.m. to 2 p.m. - Student Community Center Lobby
Wednesday, November 8, 11 a.m. to 2 p.m. - Student Community Center Lobby
Tuesday, December 5, 11 a.m. to 2 p.m. - Cohen Hall Alcove