

COUNSELING & WELLNESS CENTER

Spring 2024 PRESENTATION SCHEDULE

Student Support Groups

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 Jan 30
12:30 p.m.
Cohen Hall 102

Group Meeting Dates:
Jan 30
Feb 13, 27
Mar 26
April 9, 23
May 7

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 Feb 7
2:00 p.m.
Cohen Hall 104

Group Meetings Dates:
Feb 7, 21
Mar 6, 20
Apr 3, 17
May 1

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 Feb 1
2:00 p.m.
Cohen Hall 104

Group Meeting Dates:
Feb 1, 15, 29
Mar 28
Apr 4, 11, 18, 25

ANXIETY & DEPRESSION GROUP

This group provides a safe and supportive place for individuals who experience anxiety and depression. Through this group, you will get the chance to connect with other people experiencing anxiety and depression and related disorders, ask questions, and learn tools to care for yourself and others.

Every other Wednesday starting on Jan 31
2:00 p.m.
Student Community Center Room 117

Group Meeting Dates:
Jan 31
Feb 14, 28
Mar 27
April 10, 24

RELATIONSHIPS GROUP

What makes a healthy relationship? This group will focus on how to cultivate positive and healthy relationships in your life. Topics discussed will include forming and maintaining relationships, healthy communication, self-esteem, and healthy boundaries

Every other Thursday starting on Feb 8
2:00 p.m.
Student Community Center Room 117

Group Meetings Dates:
Feb 8, 22
Mar 7
Apr 4, 18
May 2

COUNSELOR CORNER: ASK A COUNSELOR

Have a question? We have the answers! CCM's Counseling & Wellness Center counselors will be available to answer your questions regarding mental health, stress, academics, academic majors and careers, and any other questions you can throw at us! Join us for this informative and fun event.

Tuesday, Feb 20 @ 12:30 p.m.
Thursday, Apr 18 @ 12:30 p.m.

Student Community Center Lobby



Workshops

*Students, Faculty, and Staff
welcome to attend!

DISABLED STUDENT EXPERIENCE

Thursday, April 4 @ 12:30 p.m.

*Location to be announced

Join our CCM students as they foster discussions from the disabled student perspective while sharing their unique narratives, challenges, and triumphs. This presentation will give you

This panel discussion is co-sponsored by Counseling & Wellness and Accessibility Services.

OVERCOMING SOCIAL ANXIETY

Are you highly self-conscious? Do you feel other people view you negatively and are judging you? Does the thought of making a public presentation cause high amounts of anxiety? Do you feel you don't know how to socialize or have the right things to say? This presentation will discuss the depths of social anxiety disorder and teach you valuable skills to diminish the anxiety's power in your life.

Wednesday, Feb 14 @ 2:00 p.m.
Cohen Hall 102

HOW TO MOVE PAST PROCRASTINATION/PERFECTIONISM

Do you struggle to get important tasks done? Are you hard on yourself or think you are not good enough? Procrastination is sometimes a symptom of perfectionism. This workshop will give you the knowledge to overturn your procrastination and uncover what's underneath your lack of motivation.

Thursday, Mar 7 @ 11:00 a.m.
Henderson Hall 204

STRENGTHEN YOUR EQ

Emotional intelligence is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals. It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you. Learn how you can boost your emotional intelligence, build stronger relationships, and achieve your goals.

Monday, Apr 1 @ 2:00 p.m.
Cohen Hall 102

Events

*Students, Faculty,
and Staff welcome to
attend!

THERAPY DOGS

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

Thursday, Mar 7 @ 12:00 p.m.-2:00p.m.
Tuesday, April 16 @ 12:00 p.m.-2:00 p.m.
Student Community Center Lobby

Academic Skill Building Workshops

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:

Tue, Feb 6 @ 12:30 p.m. Cohen Hall 162
Mon, Mar 4 @ 2 p.m. Cohen Hall 162
Wed, Apr 10 @ 11 a.m. Cohen Hall 162

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:

Thurs, Feb 29 @ 12:30 p.m. Henderson Hall 111
Wed, Mar 27 @ 11:00 a.m. Henderson Hall 111
Mon, April 15 @ 2:00 p.m. Henderson Hall 111

DE-STRESS & PREP FOR FINALS

Finals can be a stressful time for any college student. How can you prepare for finals so you won't feel as nervous about them? This workshop will review study and test-taking strategies and provide you with techniques to relax and de-stress while you study and during your finals.

Wednesday, Apr 24 @ 1:00 p.m. in Cohen Hall 102

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:

Wednesday, January 24, 11 a.m. to 2 p.m. - Student Community Center Lobby
Thursday, February 22, 11 a.m. to 2 p.m. - Sheffield Hall Alcove
Monday, March 25, 11 a.m. to 2 p.m. - Sheffield Hall Alcove
Thursday, April 25, 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, February 1, 11 a.m. to 2 p.m. - Student Community Center Lobby
Tuesday, March 19, 11 a.m. to 2 p.m. - Student Community Center Lobby
Tuesday, April 30, 11 a.m. to 2 p.m. - Student Community Center Lobby