

Counseling & Wellness Center Presentation Schedule

Fall 2022

LGBTQIA+ GROUP

Every other Tuesday starting on Sept 20th

12:30 p.m.

Cohen Hall 102

Group Meetings Dates:

<i>Sept 20</i>	<i>Nov 1</i>
<i>Oct 4</i>	<i>Nov 15</i>
<i>Oct 18</i>	<i>Nov 29</i>
	<i>Dec 13</i>

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

National Coming Out Day: Be Your Authentic Self

Tuesday, October 11

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.

More details to be announced.

Mental Health Training

Mental Health First Aid [What is Mental Health First Aid?](#)

Thursday, November 10 AND Thursday, November 17

****MUST ATTEND BOTH DAYS TO RECEIVE A CERTIFICATE****

Contact the Counseling and Wellness Center to reserve your spot: counseling@ccm.edu; 973.328.5140

Mental Health First Aid is a national certificate course that teaches you how to identify, understand, and respond to the signs of mental illnesses. This training gives you the skills you need to reach out and provide initial support to someone who may be experiencing a mental health concern and help connect them to the appropriate care.

What's On Your Mind?

Every other Thursday starting on September 22nd

12:30 p.m.

Cohen Hall 102

Group Meetings Dates:

<i>Sept 22</i>	<i>Nov 3</i>
<i>Oct 6</i>	<i>Nov 17</i>
<i>Oct 20</i>	<i>Dec 1</i>
	<i>Dec 15</i>

Navigating life as a student can be difficult. This open forum and support group is for college students to discuss topics such as stress, self-esteem, and healthy coping skills.

Test Prep for Success

Tuesday, November 15th at 12:30 p.m.

Cohen Hall 104

Are you prepared for your tests? Take the stress out of preparing from your exams! Learn effective test-taking strategies and various resources on campus to help you prepare, gain skills, and get support.

Motivational Mondays

Sept 12, Oct 10, Nov 14, Dec 5 at 12:30 p.m. - 1:30 p.m.

Student Community Center, Davidson Rooms A & B

Are you struggling and need some motivation? Come to Motivational Mondays for FREE snacks and some great tips about how to get motivated, how to de-stress, and how to get and stay organized throughout the semester.

Paws for a Break

Thursday, December 8th at 12:00 p.m. - 2 p.m.

Student Community Center Lobby

De-stress from studying from finals by playing with therapy dogs inside the Student Community Center!

SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

TEAL & PURPLE DAY

Wednesday, Sept 7

Wear purple or teal to show awareness and support for this day! Spread awareness & your support for suicide prevention through your social media by getting the word out!

BE INFORMED! - MHA SUICIDE AWARENESS & PREVENTION EDUCATION SESSION

Thursday, Sept 22 at 12:30 p.m.—1:45 p.m.

Cohen Hall 100

Guest speaker, Tracy Cappicille, from the Mental Health Association of Essex & Morris Counties, will educate you and get you up to speed about issues relating to mental health & suicide prevention.

SUICIDE AWARENESS BOARD

Wednesday, Sept 28 at 12 P.M.—2 P.M.

Right Before CH Cafeteria (Sheffield Alcove)

Suicide prevention impacts us all. Come learn about how to support yourself and others through information and resources.

STORIES OF HOPE

Thursday, Sept 29 at 12:30 p.m.—1:45 p.m.

Cohen Hall 100

Come to this presentation to listen to CCM students share their inspirational stories addressing the reality of their personal experiences with mental health.

(Sponsored with the Sociology Department)

DE-STRESS FEST

Yoga

Wednesday, October 5th at 12:30 p.m. - 1:00 p.m.

Student Community Center, Davidson Room A (Across from Admissions)

This is an all levels gentle yoga to decompress, destress, and feel good.

Coloring to De-Stress

Wednesday, October 5th at 12:30 p.m. - 2:30 p.m.

Student Community Center Lobby

Coloring can be a great way to calm your mind and regain focus.

Stop by to color a fun design or pick up and take one to use for later. Materials will be provided.

How to Pick the Best Major for You

Thursday, October 6th at 12:30 p.m.

Cohen Hall 106

Unsure about your major and/or career options? Finding a major that you are interested in increases your academic grades and overall performance. This presentation is designed to help students learn about career decision-making and the steps to choosing a major, including self-exploration activities and resources to learn about academic majors & careers.

De-Stress for Success

Thursday, October 20th at 12:00 p.m. - 2:00 p.m.

Cohen Hall 104

Studying, working on projects, and preparing for exams can be quite stressful. To perform well in your studies, you must also take good care of both your mind and body. Learn about some resources to help you relax and manage the stress of being a student.

Therapy Dogs

Tuesday, October 25th at 12:00 p.m. - 2 p.m.

Student Community Center Lobby

Give your brain a break from studying for finals and de-stress by playing with therapy dogs!