

Counseling & Wellness Center Workshop Schedule

Fall 2021

SEPTEMBER is SUICIDE AWARENESS & PREVENTION MONTH

September marks Suicide Prevention Awareness Month. The purpose of this month is to raise awareness about suicide and educate the community on prevention and intervention. Please visit the Counseling website for a list of events:

<https://www.ccm.edu/student-life/campus-services/counseling-services-and-student-success/>

CULTURE CLUB 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. We encourage students to bring relevant topics or concerns to discuss and explore while celebrating their roots.

WHEN: Every other Thursday starting on September 16th

TIME : 12:30 p.m.

WHERE: ZOOM

Register in advance: <https://ccm-edu.zoom.us/meeting/register/tjEuc-2hrT4tHtT4DjgT4sGz6U84NgLPn6hE>

LGBTQIA+ GROUP

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

WHEN: Every other Thursday starting on September 23rd

TIME : 12:30 p.m.

WHERE: ZOOM

***Please email the Counseling & Wellness Center to join virtually:** counseling@ccm.edu

SH*T HAPPENS! LEARN TO FACE LIFE CHALLENGES WITH RESILIENCY!

Resilience is often described as the ability to bounce back from difficult situations. Being resilient is an important building block of our health and well-being. Everyone is born with a natural resilience, and this group will teach participants that they can continue to strengthen and develop their abilities to be resilient in the face of challenging situations.

WHEN: Every other Thursday starting on September 21st

TIME : 12:30 p.m.

WHERE: ZOOM

***Please email the Counseling & Wellness Center to join virtually:** counseling@ccm.edu

Presentations

Choosing a Major & Career Planning 101:

Explore Majors & Academic options offered at CCM, and learn about where to find information & resources regarding your college major and career options.

WHEN: Tuesday, October 26th

TIME : 12:30 p.m.

WHERE: ZOOM

Register in advance: https://ccm-edu.zoom.us/meeting/register/tjErc--urjMsHtOxfvpmu25g_gbmaCMTUaQD

Tips & Tricks to Manage Stress & Anxiety

Learn easy & simple ways to deal with stress & anxiety.

WHEN: Thursday, November 11th

TIME : 12:30 p.m.

WHERE: ZOOM

Register in advance: https://ccm-edu.zoom.us/meeting/register/tjMsf-ChqjMtG9S7MD_9Gj0Y6EG1NcaondW0

How to Beat Your Stress to Beat Your Exams

Learn time management techniques, test taking skills, and study strategies to productively handle your stress when tackling your classes.

WHEN: Thursday, November 18th

TIME : 12:30 p.m.

WHERE: ZOOM

Register in advance: <https://ccm-edu.zoom.us/meeting/register/tjMvc02vqzsjHN2VvWLuJ7W6rshXmMPwkVh9>

DE-STRESS FEST MONTH

October

Learn How to De-stress with Fun Activities!

De-Stress Fest activities are based on the Eight Dimensions of Wellness:

Social	Physical
Emotional	Intellectual
Occupational	Spiritual
Environmental	Financial

*Dimensions of Wellness, (SAHMSA.gov)

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