

# 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

**APRIL IS**  
**Sexual Assault**  
**Awareness Month**



Teal Day

Tues, April 2

12 p.m - 2 p.m.

Student Community Center Lobby

Come start off Sexual Assault Awareness Month by stopping by the SCC lobby and showing your support! Learn important information regarding sexual assault statistics, get informed on local resources for sexual assault survivors, and pick up your free button in support of sexual assault awareness month.

**Kisses for Consent**

Thur, April 11

12 p.m. - 2 p.m.

Student Community Center Lobby

Get a Hershey's kiss for learning about consent! There is a lot of buzz around clear consent, but what is it? Consent is an active and ongoing process that lets others know what your boundaries are. Learn more about what consent looks like and think about what it means to you.

**Art Contest**

Tues April 16

12 p.m. - 2 p.m.

Student Community Center Lobby

Show us your Artistic Ability! Express your creativity for Sexual Assault Awareness Month by creating art for survivors. Prizes will be awarded to the best creative expression.

**Denim Day**

Thur, April 25

12 p.m. - 2 p.m.

Outside Student Community Center

Wear jeans today in support of sexual assault awareness! Come visit the Denim Day display and learn about the history of Denim day and what you can do to be a sexual assault prevention advocate. To learn about the history of Denim Day, go to [denimdayinfo.org](http://denimdayinfo.org)