CULTURE AND DIVERSITY NEWSLETTER

COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE

OCTOBER 2020

October is LGBTQIA+History Month and
National Domestic Violence Awareness Month
September 15th - October 15th is Lantinx Heritage Month!
October 2nd - International Day of Nonviolence
October 10th - World Mental Health Day
October 11th - National Coming Out Day
October 15th - National Latninx AIDS Awareness Day

SELF-CARE TIP

An awesome tool to help combat anxious feelings is breathing! Next time you are feeling anxious, try inhaling for 4 seconds, holding your breath for 7 seconds, and exhaling for 8 seconds. This 4-7-8 method of breathing can help regulate your nervous system and calm down!

CAPS PROGRAMS

FALL 2020

Fall 2020 Group Therapy Opportunities
Let's Talk
Feeling Good Workshops
Fall 2020 Update on Services

APPSTATE EVENTS

October 2nd: COVID Chronicles: Monologues Created During the Pandemic
October 6th: Renowned Oral Historian on 50 Years of Holocaust Survivor Research
October 8th: Netflix and Representation Discussion Group
October 14th: The Intersectionality of Being Black and A Woman
October 22nd: Mike Williams: Finding Our Way Back: Examining the Geography of the Black Past
October 22nd: Courageous Conversations: A Discussion with James Ford and E(race)ing Inequities in NC Public Schools

Other events may be found on Appalachian Today!

ART MOMENT

A poem for Papatūānuku – Mother Earth
by Ngāti Hine/Ngāpuhi writer Nadine Anne Hura

Rest now, e Papatūānuku
Breathe easy and settle
Right here where you are
We'll not move upon you
For awhile

We'll stop, we'll cease
We'll slow down and stay home

Draw each other close and be kind
Kinder than we've ever been.
I wish we could say we were doing it for you
as much as ourselves

But hei aha

We're doing it anyway

It's right. It's time.
Time to return
Time to remember
Time to listen and forgive
Time to withhold judgment
Time to cry
Time to think

About others

Read the rest of the poem and find out more about the author here.

"Everyone has inside them a piece of good news. The good news is you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is." – Anne Frank

Editor's Note: All of the underlined portions of the newsletter are hyperlinks. Be sure to click on them for more information!