

CULTURE AND DIVERSITY NEWSLETTER

COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE

September 2020

ON THIS DAY...

September is National Suicide Prevention Month

September 4th - Beyonce's Birthday (USA)

September 7th - Brazil Independence Day (Brazil)

September 7th - Labor Day (USA)

September 10th - World Suicide Prevention Day

September 16th - Mexican Independence Day (Mexico)

September 18th - Rosh Hashanah begins (Jewish holiday)

September 19th - National Dance Day (USA)

September 21st - International Day of Peace

September 25th - Heritage Day (South Africa)

September 26th - National Pancake Day

September 30th - National Love People Day

SELF-CARE TIP

Creativity can often enhance and encourage emotional, mental, and spiritual wellness. It is particularly important that you take time to tend to your wellness journey during the time of COVID-19. Check out Snapdragon's COVID-19 Survival Kit resources and consider trying some of their creative exercises and suggestions for engagement during COVID-19.

CAPS PROGRAMS - FALL 2020

The Connections group welcomes students from diverse identities, cultures, and backgrounds to connect in a supportive and empowering space. Please click on the link below for details and to learn about all groups being offered.
Fall 2020 Group Therapy Opportunities

Additional programs:

Let's Talk

Feeling Good Workshops

Fall 2020 Update on Services

"We don't have to do all of it alone. We were never meant to."

— Brené Brown, Rising Strong

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

ART MOMENT

This Is

by Jacinta V. White

To smell the rain before it comes to greet the ground, wrinkled and cracked. To hear the ancestors' drumroll calling you generations away. This is that.

When it's all done. To look back with eyes filled of grace and forgiveness. To wipe all tears with the sleeve of your lover's work shirt you are now wearing as I write this. That is this.

To paint your front door, eyes wide shut, the color of passion. To dance on dew-kissed grass behind the house, barefoot. To feel your heart, it's beat — the background to a symphony.

To surrender to the breeze and its desire to carry you on its back. To watch the stars shoot from behind the black, velvet-like curtain just for you. This is that.

About Jacinta V. White:

"Jacinta V. White is a teaching artist, poet, and certified corporate trainer and facilitator. In 2001, she founded The Word Project where she works with individuals and groups using art as a catalyst for healing. In 2015, she founded Snapdragon: A Journal of Art & Healing to provide a platform for those to tell their story through poetry, creative nonfiction, and photography." For more information on a discussion about her works, please see the link provided in the App State Events section listed below.



APP STATE EVENTS

September 3rd : Founders Day

September 10th: Center Lecture on the Shoah in German-Occupied Poland and Today's Polish Memory Politics

September 17th: Poet Jacinta White

Other events may be found on Appalachian Today!