CULTURE AND DIVERSITY NEWSLETTER

COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE

FEBRUARY 2021

BLACK HISTORY MONTH

is celebrated in the United States and Canada this month!

February 1st: National Freedom Day

February 12th: Lunar New Year

February 14th: Valentine's Day

February 16th: Mardi Gras

CONNECTING TO YOUR HEART SONG

This month we invite you to meditate on what makes your heart sing. What gives you hope? What brings you joy? Sometimes reflecting on these things and practicing gratitude can change your outlook on life. Try it today!

COUNSELING CENTER
APPALACHIAN STATE UNIVERSITY

Making the Invisible Visible: Dialogues of Hope and Racial Healing in Brave Spaces

The Counseling Center would like to invite you to join us for our workshop series that will be hosted in Spring 2021. Please check the Counseling & Psychological Services Center events page on Engage for more information.

UPCOMING FEBRUARY Workshop

February 25th, 2021, 3.30-5.00 pm

You Good?: A Collaborative Conversation on Healing The Wounds of Racial Trauma from the Inside Out.
Guest Speaker: Sannyu McDonnald Harris, MS, NC, LCMHC, QC

UPCOMING MARCH Workshop

March 1st, 2021, 6.00 -7.30 pm

To be Young, Gifted, Black and Tired: Identifying and Recovering from Racial Battle Fatigue
Guest Speaker:
LaTonya Summers, Ph.D., LPCS, LCAS, MAC, NCC

ART MOMENT

The Sunflower Quilting Bee at Arles
by Faith Ringgold

Celebrate Black History Month by learning more about incredible Black artists like Faith Ringgold.
Read more about her and her artwork here.

CAPS PROGRAMS SPRING 2021

Spring 2021 Group Therapy Opportunities
Support Group for Students of Color - Please see above link.
Feeling Good Workshops

SPECIAL ANNOUNCEMENT

Are you an Artist? Poet? Musician?
We want to feature you!
Be on the lookout for a special edition of our Culture and Diversity Newsletter!

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