

# CULTURE AND DIVERSITY NEWSLETTER

COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE

## MARCH 2021

**National Developmental Disabilities Month**

**Irish-American Heritage Month**

**March 8th:** International Women's Day

**March 17th:** St. Patrick's Day

**March 20th:** First Day of Spring

## UNPLUG FOR A DAY

March 5th is National Day of Unplugging. Celebrate by taking as much time away from technology as possible.

Get outside! Read a new book! Try a new recipe!

Give your mind a break from the screen and enjoy the beautiful world around you.

## ART MOMENT



*Stephen Wiltshire is a British architectural artist and autistic savant. He is known for his ability to draw a landscape from memory after seeing it just once.*

Learn more about Stephen Wiltshire and his work [here](#).

## CAPS PROGRAMS SPRING 2021

[Feeling Good Workshops](#)

[Spring 2021 Group Therapy Opportunities](#)

Support Group for Students of Color - Contact the Counseling Center for more information!

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.

## MARCH WORKSHOPS

**March 11th, 2021, 6:00pm - 7:30pm**

**Media and Its Effects on Mental Health**

**March 17th, 2021, 6:00pm - 7:00pm**

**The Asian American Student Experience:  
Special Emphasis on the Impact of the Pandemic  
on Students of Color**

**March 24th, 2021, 6.00 pm - 7.30 pm**

**"The Cypher." How Hip Hop Can Help People Heal**

**See ENGAGE for more information!**