

# CULTURE AND DIVERSITY NEWSLETTER

COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE

## APRIL 2021

**Celebrate Diversity Month**  
**ASD Awareness Month**

**April 2nd:** World Autism Awareness Day

**April 7th:** World Health Day

**April 10th:** National Hug Your Dog Day

**April 14th:** National Gardening Day

**April 17th:** National Haiku Poetry Day

**April 22nd:** Earth Day

## DID YOU KNOW?

April 14th is National Gardening Day. Did you know that soil contains a bacteria that encourages serotonin production? Serotonin is a chemical that acts as a mood stabilizer and may even help you feel more relaxed and happy! What are you waiting for? Plant some beautiful flowers and experience the healing benefits of nurturing your inner child, playing in the dirt!

## ART MOMENT

**"Untitled," 50x60 oil on canvas, 2018**

*Created by Niam Jain*



*"Diagnosed at an early age with autism, Niam has limited verbal ability and comprehension. Yet, each layer of his many-layered works powerfully expresses his inner feelings and concepts, with each completed work representing a full story."*

Learn more about Niam Jain and his work [here](#).

## CAPS PROGRAMS SPRING 2021

Feeling Good Workshops

Virtual Workshop Series (read more information below!)

### APRIL WORKSHOPS

**"Refill and Restore: Centering Black Joy and Meaning in Life to Improve Our Collective Wellness"**

Tuesday, April 6th, 2021 @ 6pm via Zoom

**"Allyship in Action: Embracing the Awkward"**

Wednesday, April 21st, 2021 @ 6pm via Zoom

**Additional Event TBA**

Thursday, April 29th @ 6pm via Zoom

See **ENGAGE** and [counseling.appstate.edu](https://counseling.appstate.edu) for updates.

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.