

CULTURE AND DIVERSITY NEWSLETTER

COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE

SEPTEMBER 2021

September is National Suicide Prevention month

September 6th : Rosh Hashanah begins (Jewish Holiday)

September 10th: World Suicide Prevention Day

September 15th - October 15th: Hispanic Heritage Month

September 21st: International Day of Peace

September 23rd: International Celebrate Bisexuality Day

September 23rd: International Day of Sign Languages

September 24th: Heritage Day (South Africa)

APP STATE COUNSELING CENTER
FALL 2021



SUPPORT GROUP FOR STUDENTS OF COLOR

Being a student of color can sometimes be a stressful and challenging experience. Our hope is to provide a safe, supportive and empowering space to help make connections, explore how to cope with stress, have conversations about navigating relationships, discuss struggles, experiences and concerns about what it means to be a student of color at App State.

Thursdays 1.00 -2.30 pm -virtual

If you would like to be a part of this group, please call the Counseling Center at 828-2623180 to schedule an initial consultation.

SOCIAL MEDIA

Click on the icons for more updates and events!



instagram



Facebook



LinkTree

ART MOMENT

Art no. 2, Artist: Chuck Baird



"I am no longer interested in whether I am a Deaf artist or an artist who happens to be deaf. I have accepted being either cultured Deaf or hard of hearing; that's fine with me. But what makes me an artist, that really matters. The process is the power of creativity and all the gifts inside and from the surrounding environment. It is so much more fun that way. The brush becomes so free, and speaks or moves for itself."

To find out more about Chuck Baird click [*here](#).

SELF-CARE TIP

Get moving with music!

Sometimes when we hear music, our body wants to move. Whether it be: dancing to EDM, walking to pop, stretching to slow music, and even meditating to some soothing tunes, the possibilities are endless!

Try using music to support your self-care activities!!

CAPS EVENTS & PROGRAMS FALL 2021

***- Counseling Center Groups**

***- Let's Talk Services**

UPCOMING EVENTS

September 17th - *Founder's Day

September 7th - 13th - *Health, Wellness, and Safety Week

September 9th - App Allies Training (See ENGAGE)

***Please click on the links for more information**