



Fall 2020

Weekly Let's Talk

Would you like the perspective of a counselor or to learn more about WCSU Counseling Services? Do you have a specific problem related to yourself or a friend? Drop-in for a free and confidential informal consultation with a WCSU Counselor. No appointment is needed!

When: Every Thursday, 2 – 3 p.m., Starting in September

WebEx URL: wcsu.webex.com/meet/counselingservices

DROP-IN GROUPS

*Students can attend one or as many weeks as they would like and no registration is needed.
Unless noted, use the URL provided below at the date and time of the group to join.*

Creating Calm

Stress is everywhere. We all experience it and depending on what is going on in our lives we have more or less of it at times. Mindfulness is one tool that can help to manage stress. Drop-in and have a conversation about ways to create moments of calm during stressful times.

Facilitated by Deborah Augenbraun, Psy.D.

When: Every other Wednesday @ 1:30 – 2:45 p.m.
(9/16, 9/30, 10/14, 10/28, 11/11, 11/25, 12/9)

WebEx URL: wcsu.webex.com/meet/counselingservices

Coping through COVID-19

COVID-19 has led to significant changes in daily life. Drop-in and connect to share, process, and learn ways to navigate these challenging times.

Facilitated by Kelly Copeland, Psy.D.

When: Every other Wednesday @ 1:30 – 2:45pm
(9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/2)

WebEx URL: wcsu.webex.com/meet/counselingservices

Students of Color Supporting Each Other (SCSEO)

This is a support group for students who self-identify as persons of color. The group provides a safe space for students to share and discuss their experiences related to but not limited to race and ethnicity, their identity, discrimination and bias, stress management, academic stresses, self-advocacy and empowerment. The purpose of the group is to celebrate the diverse cultural background of members and find strength among one another to overcome life challenges, personally and academically.

Facilitated by Rée LeBlanc Gunter, PhD.

When: Every other Friday @ 1:30 - 2:45 p.m.
(9/11, 9/25, 10/9, 10/23, 11/6, 11/20, 12/4)

****Please note:** If interested in participating, please contact Counseling Services for more information at counselingservices@wcsu.edu or (203) 837-8690

MONTHLY CHATS

No registration needed. Simply, use the URL below at the date and time of the event.

Stress Less, Live More: How to Reduce Stress

Are you feeling overwhelmed? Join a discussion about reducing stress in order to embrace life in a more meaningful way.

Facilitated by: Kelly Copeland, Psy.D.

When: September 22, 2020, 6 – 7 p.m.

Webex URL: wcsu.webex.com/meet/counselingservices

Support for Being an Ally and More

Understanding what it means to be an Ally for racial justice is one of the many ways white students can help fight racism. Join us for a workshop to learn how you can make a positive change.

*Facilitated by: Kelly Copeland, Psy.D. and
Rée LeBlanc Gunter, Ph.D.*

Part 1: Increase your understanding of individual, institutional, and systemic racism, as well as the meaning of white privilege.

When: October 13, 2020, 6 – 7 p.m.

WebEx URL: wcsu.webex.com/meet/counselingservices

Part 2: Learn how to use your privilege in an action-oriented way to create anti-racist change.

When: October 20, 2020, 6 - 7 p.m.

WebEx URL: wcsu.webex.com/meet/counselingservices

Setting Priorities to Make a Positive Change

Is procrastination getting in the way of meeting your goals? Join a conversation about establishing priorities and learn how to follow through with your goals.

Facilitated by: Deborah Augenbraun, Psy.D.

When: November 17, 2020, 6 – 7 p.m.

WebEx URL: wcsu.webex.com/meet/counselingservices



WCSU Counseling Services

A DIVISION OF STUDENT AFFAIRS

(203) 837-8690

wcsu.edu/counseling/

OTHER RESOURCES

- **Active Minds** - Live webinars for students
activeminds.org/get-involved/special-events/
- **WCSU Counseling Services Webpage**
wcsu.edu/counseling/
- **WCSU Counseling Services Instagram**
[wcsu_counselingservices](https://www.instagram.com/wcsu_counselingservices)
- **Wellness at WCSU**
wcsu.edu/wellness/
- **WestConnRec Instagram**
[westconnrec](https://www.instagram.com/westconnrec)



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