



SELF

CARE

## THE WELLNESS CENTER SPRING '21 EVENT GUIDEBOOK



## A Virtual Welcome

Accredited by the International Association of Counseling Services, the Wellness Center provides counseling and wellness services that support and assist you in your intellectual, emotional, psychological, and social development while coping with the challenges of college and life stressors. The Wellness Center offers free and confidential counseling in a safe environment where individual and cultural differences are valued and respected.

Our services include: short-term individual tele-counseling, crisis intervention, workshops, outreach and referrals to college community resources.



# STUDENT EVENTS

EVENTS, GROUPS & WORKSHOPS AVAILABLE FOR STUDENTS

## D.I.Y. & DESTRESS

*Tap into your creative minds and turn simple household items into works of art!*

**DATES:** Tuesday, March 23 | 3 - 4 p.m.

**RSVP:** <https://bit.ly/38IULie>

## WRITER'S CIRCLE

*Express yourself and join us to share your writing experiences, brainstorm ideas and receive constructive, positive feedback with fellow students who enjoy writing. Discuss how both reading and writing can be a fantastic outlet for emotional expression.*

**DATES:** Mondays, 2 - 3 p.m. | March 22 - May 10

**RSVP:** <https://bit.ly/3qQ0md1>

## ANIME FOR WELLNESS

*Join us for discussions and activities on anime and mental health. Share your thoughts and connect with others, in a safe and inclusive space.*

**DATES:** Starting Wednesday, March 24 | 12 - 1 p.m.

**RSVP:** Contact Shirley Chen at [shchen@lagcc.cuny.edu](mailto:shchen@lagcc.cuny.edu)

## NEED SPECIAL ACCOMMODATIONS?

For special accommodations, email Matthew S. Joffe at [matthewj@lagcc.cuny.edu](mailto:matthewj@lagcc.cuny.edu). **Note that a request for interpreters must be made at least two weeks prior to the event.**

# STUDENT EVENTS



## GAME BREAK

*Learn new ways to cope with stress while having fun and playing mental health-themed games*

**DATES:** Thursdays, 2 - 3 p.m. | March 25 to May 20

**RSVP:** <https://bit.ly/2OEoemJ>



## YOGA WITH SHIRLEY CHEN

*This class will focus on alignment, opening up space in the body, using breathing to release tightness and increase concentration. Open to all skill levels.*

**DATES:** Thursdays, 1 - 2 p.m. | April 8 to May 20

**RSVP:** <https://bit.ly/3tz2hnR>

## THE MYTH OF BLACK GIRL MAGIC

*Attendees will be given prompts that counter the idea that the things Black women do and go through are "magical". Participants will then discuss prompts and learn ways to manage their responses.*

**DATES:** Starting Wednesday, April 7 | 5 - 6 p.m.

**RSVP:** <https://bit.ly/3lkiFpC>



## STOP PROCRASTINATING NOW

*Waiting until the last moment to do everything? At this workshop, you learn to identify reasons why you procrastinate and strategies to help manage your procrastination.*

**DATE:** Wednesday, May 12 | 2:30 - 3:30 p.m.

**RSVP:** <https://bit.ly/3vA0wZo>



## FUN FACT:

Practicing self-care can reduce stress, depression, anxiety and improve your overall well-being

## FEATURED EVENT

# VIRTUAL OPEN HOUSE: STAYING RESILIENT DURING TROUBLING TIMES

*Interested in trying yoga? Want to learn more about managing your stress? Need help improving your sleep habits? Come join us on April 14 for the Wellness Center's annual Open House! This event is designed to give students an opportunity to learn more about available services as well as participate in fun and engaging workshops.*

### ACTIVITIES INCLUDE:

- Healthy responses toward unhealthy circumstances
- Using your faith to help you heal
- Embracing Healthy Thinking
- Finding Fulfilment and Joy in Your Relationships
- Virtual Dog Therapy
- Rest & Relax
- Breath work
- Tai Chi
- Yoga

DATE: Wednesday, April 14 | 2:00 - 5:15 p.m.

RSVP: Contact the Wellness Center at  
[wellnesscenter@lagcc.cuny.edu](mailto:wellnesscenter@lagcc.cuny.edu)

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FOLLOW US ON FACEBOOK FOR MORE DETAILS! CHECK OUT THE END OF OUR GUIDEBOOK FOR MORE INFORMATION.



## MENTAL HEALTH AWARENESS EVENTS (MHA)

We are all grappling with unprecedented challenges as a result of the COVID-19 Pandemic and social unrest occurring in our country. The Wellness Center would like to give students an opportunity to express how they are feeling and to learn ways to manage their academics and social lives.

## MENTAL HEALTH SCREENINGS

### DATES:

Wednesday, March 24 | 1 - 2 p.m.

Wednesday, April 14 | 3 - 4 p.m.

Saturday, April 24 | 12 - 2 p.m.

Saturday, May 1 | 12 - 2 p.m.

*Curious About Your Mental Health? It's okay to talk about it. Speak with a counselor about stressors and learn more about the Wellness Center services.*

RSVP: Contact the Wellness Center at [wellnesscenter@lagcc.cuny.edu](mailto:wellnesscenter@lagcc.cuny.edu)



### HOW IT WORKS:

You will take a brief screening for anxiety and depression, mailed to you in advance, and then review the results with a counselor via Zoom.

You will learn if there is any evidence of possible anxiety and/or depression, learn about our services and programs that can support your well-being.

## ANXIETY AND THE COVID-19 VACCINE

*Discuss facts and myths about the Covid-19 vaccine and share methods to manage anxiety surrounding the topic. Guest speakers include: Dr. Ana Lucia Fuentes from the Natural Science Department, Ian McDermott from the LAGCC Library, and Dr. Shante Bassett from The Wellness Center.*

DATES: Wednesday, April 7 | 3:00 - 4:30 p.m.

RSVP: <https://bit.ly/3eLJX6R>



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# MHA EVENTS



## MANEJANDO EL ESTRES

*Managing Stress workshop in Spanish*

*This engaging workshop, which will be facilitated in Spanish, will give participants an opportunity to explore strategies to manage stress and anxiety. Workshop will also introduce students to counseling and other services that the Wellness Center offers and give an overview of mental health and what the counseling process is like.*

*Este interesante taller, que se impartirá en español, brindará a los participantes la oportunidad de explorar estrategias para manejar el estrés y la ansiedad. El taller también presentará a los estudiantes el asesoramiento y otros servicios que ofrece el Centro de Bienestar y brindará una descripción general de la salud mental y cómo es el proceso de asesoramiento.*

**DATES:** Tuesday, March 23 | 4:30 - 6:00 p.m.

**RSVP:** <https://bit.ly/3cB3ioN>

## MINORITY MENTAL HEALTH WORKSHOP

*A workshop focusing on common Mental health concerns and barriers to seeking mental health services in diverse populations.*

**DATES:** Wednesday, March 24 | 4:35 - 5:35 p.m.

**RSVP:** <https://bit.ly/30P39ZI>

## SPEAK UP, SPEAK OUT: HOW TO ADVOCATE FOR YOURSELF

*Students are encouraged to attend this workshop that will teach them about what advocacy is and give them the opportunity to practice related skills*

**DATE:** Wednesday, April 21 | 1 - 2 p.m.

**RSVP:** Contact Stacey Chen at [stchen@lagcc.cuny.edu](mailto:stchen@lagcc.cuny.edu)

## ZOOM FATIGUE

*Recognize and manage over-exposure to screen time*

**DATE:** Wednesday, April 28 | 3 - 4 p.m.

**RSVP:** <https://bit.ly/3qUQaji>

## VETERANS: WHAT DOES MENTAL HEALTH LOOK LIKE?

*This workshop is designed for participants to distinguish between sadness and depression or emotional overwhelm versus an anxiety or PTSD condition. Participants will take away key strategies to use immediately and key points to discuss with a mental health provider.*

**DATES:** Wednesday, May 12 | 3 - 4 p.m.

**RSVP:** <https://bit.ly/2Q3LevO>

**DID YOU KNOW?**

**May is Mental Health Awareness Month!**

# SUPPORT GROUPS

## ASIAN-AMERICAN WELLNESS GROUP

*This weekly support group is a safe space where students can share how they're feeling amidst the pandemic and connect with supportive others. Topics will be guided by student interests and may include emotional coping, mental health, family dynamics, impact on communities, and healing/empowerment as it relates to responding to racism and racial identity.*

**DATES:** Starting Wednesday, March 24 | 2:30 - 3:30 p.m.

**RSVP:** Contact Stacey Chen at [stchen@lagcc.cuny.edu](mailto:stchen@lagcc.cuny.edu)

## GRIEF & LOSS SUPPORT GROUP

*Everyone processes the death of a loved one differently, and this group offers comfort and coping strategies for emotions that students may feel following a loss. This group can be a support for anyone who has experienced a loss of family, friend or someone they know during the pandemic, as well as those who may be experiencing other kinds of bereavement.*

**DATES:** Tuesdays, 12:30 - 1:30 p.m. | April 6 - May 25

**RSVP:** <https://bit.ly/3eMyZ1a>

## LGBTQIA WELLNESS

*In this inclusive and interactive group, LGBTQIA identifying students will explore strategies to support positive mental health. This engaging and supportive group will explore the intersectionalities of identity, anxiety, depression, family connections and more. Students will be able to build supportive relationships and explore ways to support their mental health.*

**DATES:** Thursdays, 3 - 4 p.m. | April 8 - May 27

**RSVP:** <https://bit.ly/2Nq5CGH>



## GRUPO DE LA COMUNIDAD

*Spanish speaking group for Latinx students*

*In this engaging group, which will be facilitated in Spanish, students will have the opportunity to share personal stories, express emotions, and share common experiences. Students will have opportunity to build community and develop supportive relationships with one another. This group is aimed towards students who are native Spanish speakers who may prefer to communicate in Spanish. Students in "Grupo de la Comunidad" group will have opportunity to discuss issues related to culture, health and mental health, and current events in our country that are impacting the LatinX communities.*

*En este grupo interesante, que se impartirá en español, los estudiantes tendrán la oportunidad de compartir historias personales, expresar emociones y compartir experiencias en común. Los estudiantes tendrán la oportunidad de construir una comunidad y desarrollar relaciones de apoyo entre ellos. Este grupo está dirigido a estudiantes que son hablantes nativos de español que prefieren comunicarse en español. Los estudiantes del "Grupo de la Comunidad" tendrán la oportunidad de discutir temas relacionados con la cultura, la salud y la salud mental, y los eventos actuales de nuestro país que están impactando a las comunidades LatinX.*

**DATES:** Tuesdays, 4:30 - 5:30 p.m. | April 6 - May 25

**RSVP:** <https://bit.ly/3ePNYr0>



# COME ONE, COME ALL

EVENTS AVAILABLE FOR STUDENTS, FACULTY & STAFF

## YOGA WITH SUMANTH INUKONDA

*This class will focus on alignment, opening up space in the body, using breathing to release tightness and increase concentration. Open to all skill levels.*

**DATES:** Wednesdays, 8:30 - 9:30 a.m. | March 24 to May 26

**RSVP:** <https://bit.ly/2QcaccB>

## DOG THERAPY

*Students are invited to observe and learn about trained therapy dogs and the role they play in helping people manage stress.*

**DATES:** Wednesdays, 3 - 4 p.m. | April 21 & May 19

**RSVP:** <https://bit.ly/3cDHIA2>

## TAI CHI

*This interactive workshop is for beginner practitioners with little or no experience in Tai Chi. Participants will learn concepts of breath awareness and alignment of body movements with breathing patterns*

**DATES:** Fridays, 10:30 - 11:30 am. | April 9 - June 4

**RSVP:** <https://bit.ly/3eXZjVU>

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# CONTACT US

## OFFICE HOURS

MONDAY-THURSDAY 9:00 a.m. - 7:00 p.m.  
FRIDAY 9:00 a.m. - 5:00 p.m.  
SATURDAY 10:00 a.m. - 2:00 p.m.

PHONE: (718) 482-5471

EMAIL: [wellnesscenter@lagcc.cuny.edu](mailto:wellnesscenter@lagcc.cuny.edu)

**BE ON THE LOOKOUT FOR  
UPCOMING EVENTS!**

**FOLLOW US ON FACEBOOK:**

Wellness Center - LaGuardia Community College

<https://www.facebook.com/LAGCCWC>

All events will be advertised  
on the [My LaGuardia calendar](#).



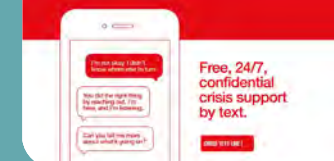
## MENTAL HEALTH RESOURCES



### NYC WELL

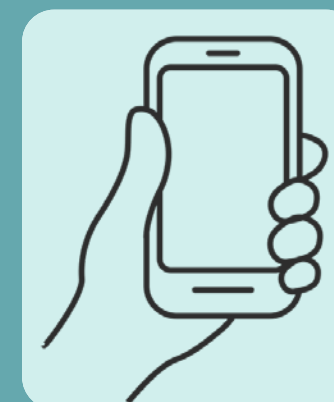
*If you need to speak with someone immediately, please contact NYC WELL for services at 1-888-692-9355 or text 65173.*

**In crisis?  
Text CUNY  
to 741741.**



### CRISIS TEXT LINE

*In crisis? Text "CUNY" to 741741 to text confidentially with a trained Crisis Counselor for free, 24/7*



**911**

*In the event of an emergency, please call 911.*