The Wellness Center
E-Guidebook

Fall 2021 edition
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
- Virtual Group Counseling
- Virtual Alternative Wellness Classes
- Virtual Workshops
- Referrals to College Community Resources

We Want to Hear from You!
Take a moment to fill out our Student Survey. This helps us improve our services and programs!
Wellness Center Events

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** Events are subject to change. For more information, check out our social media pages and My LaGuardia Calendar

For Special Accommodations, contact Matthew S. Joffe at matthewj@lagcc.cuny.edu

Please note that a request for interpreters must be made at least two weeks prior to the event.
This is a group for students who enjoy writing, to come together and discuss writing and share their personal works. This is a safe space for writers to show their work to other writers. Students can workshop ideas, discuss writing, and give and receive constructive, positive feedback.
WORKSHOPS

THURSDAY
SEPTEMBER 30

ZOOM FATIGUE
FROM 3:00 - 4:00 PM
HOSTED BY SHANTE BASSETT, PSYCHOLOGIST & MATTHEW S. JOFFE, DIRECTOR OF OUTREACH AND EDUCATION
Learn how to recognize and manage over-exposure to screen time.

RSVP

TUESDAY
OCTOBER 26

MENTAL HEALTH SCREENING
TIME TBA
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.

To RSVP: Contact the Wellness Center at wellnesscenter@lagcc.cuny.edu

ADDITIONAL DATES:
TUESDAY, DECEMBER 7
TIME TBA

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.
WORKSHOPS

WEDNESDAY
OCTOBER 20

DOG THERAPY
FROM 2:00 - 3:00 PM
HOSTED BY MATTHEW S. JOFFE WITH THE GOOD DOG FOUNDATION
Students are invited to observe and learn about trained therapy dogs and the role they play in helping people manage stress.

ADDITIONAL DATES:
TUESDAY, NOVEMBER 16
FROM 3:00 - 4:00 PM
DECEMBER TBA

WEDNESDAY
NOVEMBER 3

STOP PROCRASTINATING NOW
FROM 2:15 - 3:30 PM
HOSTED BY JEAN BUCKLEY, COUNSELOR
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.

THURSDAY
NOVEMBER 4

ANXIETY IN THE NEW NORMAL
TIME TBA
HOSTED BY SHANTE BASSETT, PSYCHOLOGIST & MATTHEW S. JOFFE, DIRECTOR OF OUTREACH AND EDUCATION
An interactive workshop focusing on signs of symptoms that would suggest a referral to the WC and tips on how to initiate a conversation to the student.
WORKSHOPS

RSVP
TUESDAY NOVEMBER 9
HOW STUDENTS CAN MANAGE MENTAL HEALTH AFTER THE PANDEMIC
FROM 2:00 - 3:00 PM
HOSTED BY SHANTE BASSETT, PSYCHOLOGIST
Students will learn and discuss the challenges the pandemic has brought to their everyday lives

RSVP
THURSDAY NOVEMBER 18
GRIEF & LOSS WORKSHOP
FROM 5:30 - 6:30 PM
HOSTED BY JENNIFER MITCHELL-MAYER, COUNSELOR
This workshop will support students who have experienced a loss of family, friend, or loved one, or experiencing any other kind of loss.

RSVP
WEDNESDAY NOVEMBER 17
THE MYTH OF BLACK GIRL MAGIC
FROM 3:00 - 4:00 PM
HOSTED BY SHANTE BASSETT, PSYCHOLOGIST
Learn healthy communication skills as well as coping techniques that may aid in managing responses to societal views and racial inequity.
Join us at our
Wellness Center Virtual Open House
Wednesday, October 13
2:00pm - 4:00pm

Come join us on October 13 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.

For more information, contact the Wellness Center at wellnesscenter@lagcc.cuny.edu

Check out our Open House Events!
Virtual Open House Events

AN OVERVIEW OF THE WELLNESS CENTER
HOSTED BY FRANK LATERRA-BELLINO, DIRECTOR
This workshop will give participants an opportunity to learn about the available mental health services at the Wellness Center. The presenter will also highlight the importance of self-care and discuss upcoming programs and events for the fall semester.

AN OVERVIEW OF THE NEURODIVERSITY PROGRAM
HOSTED BY REGINA VARIN-MIGNANO, DIRECTOR
Learn more about LaGuardia Community College’s program providing educational support, advocacy, and access services to neurodivergent students during our Virtual Open House! This workshop will also introduce you to the Concept of Neurodiversity and the different aspects of our program.

HEALTHY RESPONSES TOWARD UNHEALTHY CIRCUMSTANCES
HOSTED BY JEANNIE BUCKLEY, COUNSELOR
This workshop will focus on our internal and external responses to difficult conversation or situations that arise. We will explore our thinking and take up space in the hot seat during this session and find health responses to move forward.

BREATHE IN, BREATHE OUT: USING BREATH WORK TO RELIEVE STRESS & ANXIETY
HOSTED BY BRIAN GOLDSTEIN, BREATHWORK PRACTITIONER
This session is for those whose experience of stress and anxiety find it challenging to relax and concentrate. Learn how to use breath awareness for relaxation, energy, and focus.

USING YOUR FAITH TO HELP YOU HEAL
HOSTED BY SHANTE BASSETT, PSYCHOLOGIST & STACEY CHEN, COUNSELOR
In this workshop, we will discuss how spirituality can have a positive impact on mental health. There will also be opportunities for reflection and sharing of personal experiences with one another.

DIY AND DE-STRESS
HOSTED BY SYRIA BROWN, COUNSELOR
With a few household items, students will be able to tap into their creativity while making items they can use.

TAI CHI
HOSTED BY MALGORZATA MARCINIAK
The workshop offers a moderate exercise practice of 24 Tai Chi Form. Students, faculty, and staff learn concepts of breath awareness and alignment of body movements with breathing patterns.

DOG THERAPY
HOSTED BY MATTHEW JOFFE WITH THE GOOD DOG FOUNDATION
Students are invited to observe and learn about trained therapy dogs and the role they play in helping people manage stress.

CLICK HERE TO RSVP

For Special Accommodations, Contact Matthew S. Joffe at matthewj@lagcc.cuny.edu Please note that a request for interpreters must be made at least two weeks prior to the event.
Contact Us

OFFICE HOURS
Monday-Thursday: 9:00am - 7:00 pm
Friday: 9:00am - 5:00 pm
Saturday: 10:00am - 2:00 pm

EMAIL
wellnesscenter@lagcc.cuny.edu

PHONE
(718) 482-5471

Check out our social media by clicking the icons!

Scan the QR Code with your mobile phone to visit the Wellness Center Website

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

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.