

# The Wellness Center

## E-Guidebook

*Spring 2022 edition*



# 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 counseling, crisis intervention, workshops, outreach and referrals to college community resources.



## **OUR SERVICES INCLUDE:**

- Short-term Individual Tele-Counseling
- Crisis Intervention
- Virtual Group Counseling
- Virtual Alternative Wellness Classes
- Virtual Workshops
- Faculty & Staff Trainings
- Referrals to College Community Resources

# What's inside...

04

## Alternative Wellness Classes

Free classes to improve your mental, physical and spiritual health

05

## Virtual Workshops & Support Groups

Share experiences and learn perspectives in a safe and supportive environment

08

## Mental Health Screenings

Access free and confidential mental health screening test reviewed by Wellness Center counselors

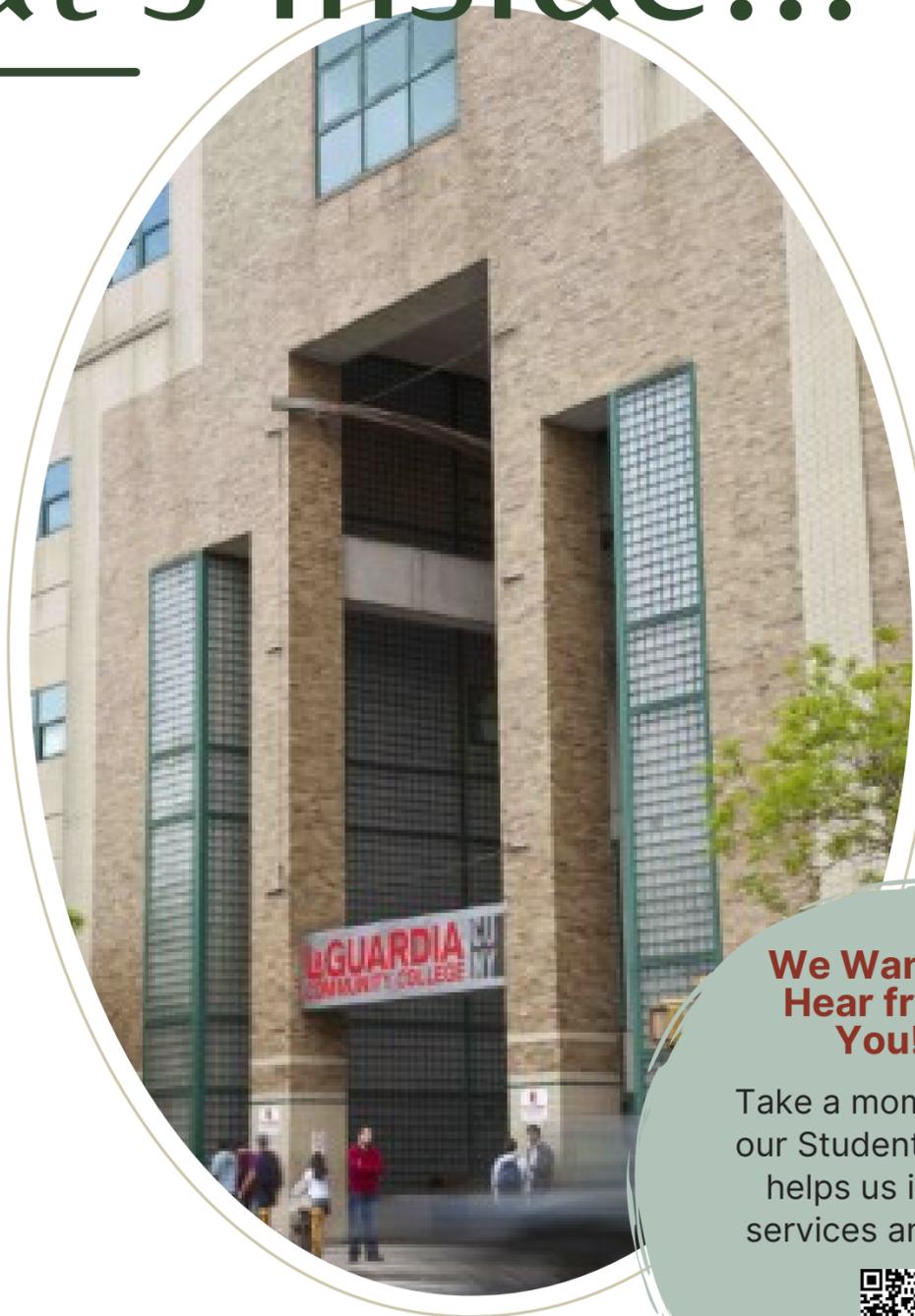
09

## Faculty & Staff Trainings

A wide range of workshops and training opportunities for faculty & staff

\*\* 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](mailto:matthewj@lagcc.cuny.edu). Please note that a request for interpreters must be made at least two weeks prior to the event.



We Want to Hear from You!

Take a moment to fill out our Student Survey. This helps us improve our services and programs!



Take Survey

# Alternative Wellness Classes



## VIRTUAL YOGA

**Every Wednesday from March 23 to May 25**

**9:30 am - 10:30 am**

Hosted by: 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.

[Register Here](#)

## TAI CHI (IN-PERSON)

**Every Monday from March 21 to May 30**

**4:00 pm - 5:00 pm**

**Where: Dance Studio, C-401**

Hosted by: Malgorzata Marciniak

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.

Coming Soon

## DOG THERAPY

Hosted by: Matthew S. Joffe, Director, Outreach and Education 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.

[Join Waitlist](#)



# Virtual Workshops & Support Groups

## LGBTQIA+ SUPPORT GROUP

**Every Thursday from March 10 to June 2**

**12:00 pm - 1:00 pm**

Hosted by: Desiree Rodriguez, Counselor

This weekly group aims to support LGBTQIA+ students by providing them the opportunity to develop self-awareness, recognize the link between thoughts and feelings, identify coping strategies and develop a safe, supportive, and identity-affirming social network.

[Register Here](#)

## PLUGGING IN TO UNPLUG

**Thursday, March 31**

**12:00 pm - 1:00 pm**

Hosted by: Syria Brown and Joseph Schick, Counselors

This workshop will discuss how the neutral medium of video games can have both a positive and negative impact on mental health, depending on how it is used. Facilitators will discuss video games, why we play them, how they can affect our relationships and the culture of online multiplayer games.

[Register Here](#)



## WELLNESS CHECK- IN

**Monday and Tuesday, April 4 and 5**

**When & Where: TBA**

Hosted by: Dr. Shante Bassett, Dr. Jane Kim and Jennifer MitchellMayer, Counselors

The Wellness Center will be holding a 2-day tabling event to give students a light touch way to reconnect in person and to process what they think about returning to campus, address anxieties or concerns, and offer connections to the Wellness Center for those that may be interested in more support.

*Note: This will be a walk-in event. No RSVP needed. Please visit our [social media](#) page for more updates on the time and location.*

## VIRTUAL CHAT AND CHEW: DATING IN 2022

**Thursday, April 7**

**3:00 pm -4:00 pm**

Hosted by: Saida Gordon and Desiree Rodriguez, Counselors

This event aims to assist students in working through the anxiety of forming new relationships as well as provide them with psychoeducation on the importance of building a support network and healthy ways to sustain those relationships.

[Register Here](#)



# Virtual Workshops & Support Groups

# Virtual Workshops & Support Groups

---



## MAKING SPACE TO GRIEVE

**Thursday, April 14**

**11:00 am-12:00 pm**

Hosted by: Stacey Chen and Ana Mora, Counselors

Come join us to learn about the grieving process and engage in an activity together that helps process loss as a community. We hope you will leave feeling more connected and supported.

[Register Here](#)



## ARE YOU GETTING IN THE WAY OF YOUR ACADEMIC SUCCESS?

**Thursday, May 5**

**2:15 pm - 3:15 pm**

Hosted by: Jean Buckley and Choden Tenzin, Counselors

Is your stress, lack of motivation, procrastination or lack of self-care getting in the way of you being more successful academically? Learn ways to decrease your stress and procrastination. You will also learn ways to increase your motivation, self-care and ability to focus. Let us help you learn how to get back on the road to academic success.

[Register Here](#)

# Mental Health Screenings

---

Scan the QR code below to access a free mental health assessment.



[View Mental Health Screenings](#)

Students who would like to discuss the results of their assessment with a Wellness Center Counselor, can request services by completing our brief Intake form.

[Student Intake Form](#)



# Faculty and Staff Trainings

The Wellness Center offers two training opportunities for faculty and staff: Mental Health First Aid (MHFA) and Question, Persuade, Refer (QPR). Additionally, classroom presentations/student workshops are available upon request.

To make a workshop and/or training request, please use the form below.

1

## **Mental Health First Aid (MHFA)**

an 8-hour training that provides a foundation for understanding mental health challenges and teaches skills to support individuals struggling with mental health concerns.

2

## **Question, Persuade, and Refer (QPR)**

a 3-hour training that prepares participants to recognize and respond to the warning signs of suicide.

[Request Form](#)

# Contact Us

## Office Hours

C-Building, Room C-249

Monday, Wednesday & Friday: 9:00 am to 5:00 pm  
Tuesday and Thursday: 9:00 am to 6:00 pm  
Saturday: 10:00 am to 2:00 pm



WellnessCenter@lagcc.cuny.edu



(718) 482-5471

[Schedule an Appointment](#)

## Follow Us



Spotify



## Mental Health Resources



### NYC Well

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