



# THE COUNSELING CENTER PRESENTS: HEALTHY LIVING FAIR 2022

DATE	TIME	EVENT NAME	DESCRIPTION
Monday, 5/2	10AM-11AM	<b>Gratitude During Difficult Times</b> Presented by Chanpreet K. Singh	<i>Practicing gratitude in difficult times can be challenging, but is essential to living a calm and successful life. Showing gratitude serves to improve physical and mental health, enhance empathy and reduce aggression, improve sleep and information processing, boost self-esteem, and support resilience. Join us for a talk on giving and sharing gratitude.</i>
Monday, 5/2	1PM-2PM	<b>Q&amp;A with a Counselor</b> Presented by Linda Ostrowe	<i>This will be an open forum for students to drop in to ask questions and raise concerns they may have about our services or counseling in general. Students considering pursuing a career within the counseling field are also welcome to attend with questions about the profession.</i>
Monday, 5/2	2PM-3PM	<b>It's Okay to Disconnect</b> Presented by Tricia Singh	<i>This workshop will cover healthy disconnection from devices/news.</i>
Monday, 5/2	3PM-4:30PM	<b>LGBTQ+ Support Group</b> Presented by Dee Brodbar	<i>Meet other students who identify as LGBTQ+ or are questioning their sexual and/or gender identities. This is a supportive and safe space open to discussion and reflection. If interested please contact: Dee Brodbar (she/her/hers) <a href="mailto:dbrodbar@qcc.cuny.edu">dbrodbar@qcc.cuny.edu</a></i>
Tuesday, 5/3	10:10AM-12PM	<b>Women's Group- For the Health of It</b> Presented by Gina Capozzoli	<i>This group will explore mental and physical health issues that impact women. Strategies on self-care will be emphasized. This discussion is only open to current group members. Interested in learning more about the group or joining for the fall 2022 semester? Contact Gina Capozzoli at <a href="mailto:gca Pozzoli@qcc.cuny.edu">gca Pozzoli@qcc.cuny.edu</a></i>
Tuesday, 5/3	11AM-12PM	<b>Asian and Asian American Students Support Space</b> Presented by Naziat Hassan & Jun Ishidoya-Wang	<i>In this virtual drop-in space, Asian and Asian-American students who ethnically identify as Asian, Pacific Islander, Central or South Asian stand in solidarity against bias and discrimination. We will have open discussions about individual life experiences and struggles while promoting a safe space for students to feel supported, heard and gain a sense of belonging.</i>
Tuesday, 5/3	12PM-1PM	<b>Build Confidence with Assertiveness Skills</b> Presented by Jun Ishidoya-Wang	<i>The way we socialize has changed since the pandemic and with use of technology. Students will learn to connect with communication skills including ways to establish rapport and how to speak up in interpersonal situations in a variety of contexts.</i>
Tuesday, 5/3	1PM-2PM	<b>My Kids are Driving me NUTS</b> Presented by Amy Pepper	<i>This workshop will be a space for students who are parents to vent about their dual role as student and parent/guardian. Strategies for self care and time management will be explored.</i>
Wednesday, 5/4	11AM-12PM	<b>Careers in Mental Health</b> Presented by Amy Pepper & Carrie Diamond-Feldman, & Dee Broadbar	<i>If you are considering a career in the Mental Health Profession, come learn about the various academic and career opportunities available.</i>



Wednesday, 5/4	12PM - 1PM	<b>LGBTQIA+ Intersex Information Session</b>	<i>Sponsored by QCC Ally LGBTQ Club, an information session will be provided by the QCC Ally LGBTQ Club, covering the issues, discrimination and stigma faced in the Intersex community along with a Q&amp;A with the Counseling Center.</i>
Wednesday, 5/4	12:10PM-2PM	<b>Women's Group- For the Health of It</b> Presented by Gina Capozzoli	<i>This group will explore mental and physical health issues that impact women. Strategies on self-care will be emphasized. This discussion is only open to current group members. Interested in learning more about the group or joining for the fall 2022 semester? Contact Gina Capozzoli at <a href="mailto:gcapozzoli@qcc.cuny.edu">gcapozzoli@qcc.cuny.edu</a></i>
Wednesday, 5/4	1PM -2PM	<b>How to Stay Motivated</b> Presented by Jannette Urciuoli	<i>This is a highly interactive workshop where students will work together to identify what inspires them and what distracts them. We will discuss the importance of identifying goals and will work on constructing a plan on how to accomplish our goals with an aim to get us closer to staying motivated on a daily basis.</i>
Thursday, 5/5	10AM-11AM	<b>Trauma-Informed Grounding</b> Presented by Naziat Hassan	<i>Grounding is a technique to be more connected to your mind and body. This workshop will focus on using different grounding techniques and being in the present to overcome distress and anxiety.</i>
Thursday, 5/5	1PM-2PM	<b>Q&amp;A with a Counselor</b> Presented by Linda Ostrowe	<i>This will be an open forum for students to drop in to ask questions and raise concerns they may have about our services or counseling in general. Students considering pursuing a career within the counseling field are also welcome to attend with questions about the profession.</i>
Thursday, 5/5	2-3PM	<b>Mindfulness for Academic Success</b> Presented by Carrie Diamond-Feldman	<i>Learn Mindfulness Exercises that can help you with focus, concentration, anxiety and overall well being.</i>
Friday, 5/6	9:10AM-11AM	<b>Women's Group-For the Health of It</b> Presented by Gina Capozzoli	<i>This group will explore mental and physical health issues that impact women. Strategies on self-care will be emphasized. This discussion is only open to current group members. Interested in learning more about the group or joining for the fall 2022 semester? Contact Gina Capozzoli at <a href="mailto:gcapozzoli@qcc.cuny.edu">gcapozzoli@qcc.cuny.edu</a></i>
Friday, 5/6	11:10AM-12PM	<b>Sleep: The Key to Academic Success</b> Presented by Laurie Reisch	<i>This workshop will address the importance of sleep to a student's academic success. We will discuss our biological need for sleep, including understanding the subsets of sleep quality and research regarding how quality sleep improves academic performance. Discussion will also include how to improve sleep quality through various strategies and the difficulties faced by working students.</i>
Friday, 5/6	1PM-2PM	<b>"Black People Don't Need Counseling" and Other Beliefs that Negatively Impact Black Mental Health</b> Presented by Lisa Halstead	<i>"This workshop will explore the specific issues affecting Black Mental Health such as institutional racism and access to services.  Information regarding mental health issues such as trauma and suicidality in the Black community, and the factors that create barriers to treatment—including cultural beliefs—will be discussed."</i>

For more information visit the [Counseling Center website](http://www.qcc.cuny.edu/counseling), [www.qcc.cuny.edu/counseling](http://www.qcc.cuny.edu/counseling)  
 To register for an event, visit the [May Events calendar](http://www.qcc.cuny.edu/calendar/views/2022/05/),  
[www.qcc.cuny.edu/calendar/views/2022/05/](http://www.qcc.cuny.edu/calendar/views/2022/05/)