



# COUNSELING CENTER NEWSLETTER

Moravian College Counseling Center Monthly Newsletter



## SPRING 2020 AT THE COUNSELING CENTER

First of all, WELCOME BACK!! Hope everyone had a enjoyable and relaxing winter break!

We have been working hard over break on new and exciting projects and programming. Some ideas are still just a seed, but we look forward to their growth and implementation as the semester progresses.

### New Happenings at the Counseling Center:

- **Drop-In South Campus Hours:** Any student can drop-in for a 15 minute, solution focused discussion with a member from the counseling center. Location and date: Thursdays, 3pm-4pm, Student Life Office in The Hill.
- **Anxiety/Stress Management Group:** Wednesdays at 3:30pm-4:30pm. Students sign up for the group, the group will begin once we have our minimum participant number reached. To sign up copy and paste the URL below or visit our website.
- The **Counseling Center website** got a face-lift! Have fun exploring (and let us know if you spot any spelling errors 😊). The new web pages "Resources and Self-Help" and "Worried About Someone," are a must see!

### Stay Tuned For:

- In attempt to reach students outside of traditional counseling services, 2 of our nature-loving staff are creating outdoor, fun-filled experiences for the Spring 2020 semester. More info to come!!

### If it's not broke, don't fix it:

- Stress Less Afternoons, Reflective Dialogues (with a time change), Stress Busters, monthly mental health awareness and prevention programming will all continue. Check out "upcoming events" for details.

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### Upcoming Events:

**Mental Wellness Day**  
January 29th, 11am-3pm, HUB  
Counseling Center partnered with USG to provide a day of mental wellness activities and resources. See flyer below for more information.

**Reflective Dialogues**  
January 24th and 31st, 1:30-2:30, Sally Room 302  
This is a student-led facilitated discussion. Topics will vary each week.

**Drop-in South Campus Hours**  
Thursdays, 3pm-4pm, Student Life Office (The Hill Room 121)  
15 minute solution-focused discussion with a counselor. First come, first serve.

**Stress Less Afternoons**  
Thursdays, 4pm-4:30pm, Counseling Center (starts January 30th)  
Each week there is a new de-stressing activity and/or exercise.

**Counseling Center Table**  
Thursdays, 12pm-1pm, HUB  
Different activities and information each week.



# Mental Wellness Day Schedule

**January 29th**

Hosted by the Counseling Center and USG

## Snyder Room

11am-11:45am:  
**Mindfulness and Reiki**  
with Josh McSparin and  
Rae Gonzalez

12pm-1pm:  
**Open Mic** with USG

1:15pm-2:15pm:  
**Yoga** with Dr. Baxter

2:30pm-3pm:  
**Find your Motivation** with  
Dr. Hay

## HUB

11am-3pm:  
**Various Resource &  
Activity Tables**

- AASC
- AAUW
- AFSP
- Allentown  
Womens  
Center
- Bradbury Sullivan  
Center
- Brain Club
- Counseling Center
- Crime Victims  
Council
- Fitness Center
- HASA
- Health Center
- NAMI Lehigh Valley
- Psychology Club
- Reflective  
Dialogues Peer  
Facilitators
- Religious Life
- SHARE
- Spectrum
- Stiches
- Title IX
- USG
- Vetrans Services

Win raffles to some local shops!  
Attend any Snyder Room event and leave with a gift!



**URL Sign up for the  
Anxiety/Stress Management Group:  
<https://forms.gle/HUqee95N3zQwjJPb8>**

**Contact us at:**  
610-861-1510  
[counselingcenter@moravian.edu](mailto:counselingcenter@moravian.edu)  
1307 Main Street

**Visit us at:**  
[moravian.edu/counseling](http://moravian.edu/counseling)



Moravian College encourages persons with disabilities to participate in its programs and services. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact the Counseling Center directly at 610-861-1510.