

CULTURE AND DIVERSITY NEWSLETTER

COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE

JANUARY 2021

January 4th: World Braille Day
January 19th: World Religion Day
January 20th: Martin Luther King, Jr. Day
January 23rd: World Freedom Day
January 25th: Chinese New Year
January 27th: International Holocaust Remembrance Day

SETTING INTENTION

Happy New Year and welcome to a new semester!

We invite you to use these new beginnings as opportunities to set intentions for the days ahead and practice radical self-care.

Try some of the tips below!

- Tune into your breath
- Practice kindness towards yourself and others
- Stay hydrated

WASSAIL RECIPE

Warm up this winter with a nice cup of wassail, a traditional English drink used to celebrate the winter season and bring well wishes of good health to those who drink it!

Find the delicious recipe [here](#)!

CAPS EVENTS & PROGRAMS SPRING 2021

Spring 2021 Group Therapy Opportunities

Support Group for Students of Color - Please see above link.

Feeling Good Workshops

App State Events

January 26th: An evening with Dr. Eric Michael Dyson: 36th Annual Dr. Martin Luther King Jr. Commemoration, Registration required

Editor's Note: All of the underlined portions of the newsletter are hyperlinks. Be sure to click on them for more information!

ART MOMENT

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." - Martin Luther King Jr.



Portrait of Martin Luther King Jr by Richard Day

SPECIAL ANNOUNCEMENT

The Counseling Center will be hosting a new workshop series for students in Spring 2021.

"Making the Invisible Visible: Dialogues of Hope and Racial Healing in Brave Spaces".

Please click [here](#) to complete a very brief survey so that we may learn more about your opinions and also what topics and presentations might be of particular interest to you.

Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.

-Viktor E. Frankl