

CULTURE AND DIVERSITY NEWSLETTER

COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE

JUNE 2021

Pride Month

African American Music Appreciation Month

June 8th: National Best Friend's Day

June 12th: Philippines Independence Day

June 14th: Flag Day

June 19th: Juneteenth

June 20th: Father's Day

June 21st: Canada's National Indigenous People's Day

SELF-CARE TIP

June 8th is National Best Friend's Day! Be sure to spend the day connecting to those around you - write a letter, make a phone call, meet up for coffee, send an email, or go on a walk with your best friend!

APPSTATE COUNSELING CENTER
SUMMER 2021 GROUP TELETHERAPY

Support Group for Students of Color

Being a student of color can sometimes be a stressful and challenging experience. Our hope is to provide a safe, supportive, and empowering space to help make connections, explore how to cope with stress, have conversations about relationships, and discuss what it means to be a student of color at App State.

Facilitated by Gayatri Titus Ph.D. & Calista Colbert B.A.

Wednesdays 1-2:30pm - Virtual

If you would like to be part of this group, please call the Counseling Center at 828-262-3180 to schedule an initial consultation or email Dr. Gayatri Titus at titusgt@appstate.edu with questions or interest in hearing more about the group.

ART MOMENT

What Juneteenth Means to Me

By: Corinne Smith



"To me, Juneteenth represents the freedom to express my Blackness and queerness as well as the power that comes from choosing joy amidst so much pain and hardship."

Read more about this artist and other artists celebrating and representing Juneteenth through their art [here](#).

UPCOMING EVENTS

[Appalachian Summer Festival in July](#)

Be on the lookout for events on Engage!