

CULTURE AND DIVERSITY NEWSLETTER

COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE

OCTOBER 2021

October is LGBTQIA+History Month and
National Domestic Violence Awareness Month
September 15th - October 15th is Latinx Heritage Month!

October 2nd - International Day of Nonviolence
October 6th - World Cerebral Palsy Day
October 10th - World Mental Health Day
October 10th - World Homeless Day
October 11th - National Coming Out Day
October 12th - Indigenous Peoples' Day
October 15th - National Latinx AIDS Awareness Day
October 26th - Intersex Awareness Day

CUE THE MUSIC



For National Hispanic Heritage month, NPR is collaborating with Alt.Latino for their Tiny Desk concerts, [El Tiny](#). For the entire month, they will be featuring only Latin music in different styles and genres.

To find out more about Alt.Latino and other podcasts and shows they have lined up, click [here](#)!

Appalachian State University Counseling and Psychological Services

When Home Is So Far Away

A Support Workshop For International Students

October 21st, 2021

4pm - 5pm, on Zoom

Learn about different types of stress and how it affects our wellbeing

Develop coping strategies to manage stress and anxiety

Practice an experiential activity with "chocolate"

Please bring a piece of chocolate or a raisin or any small snack of your preference.



Scan QR code or [click here](#) to join us!

SOCIAL MEDIA

Join us on Instagram and Facebook.

Please click these links for updates and events!



instagram



Facebook



LinkTree

SELF-CARE TIP

Sleep-care is the new self-care

Ample, quality sleep has been shown to be effective in improving one's mood, concentration, energy, and more. It is difficult to get enough sleep as college students, but [here are some ways](#) that you can try improving your sleep hygiene for better rest.

CAPS EVENTS & PROGRAMS FALL 2021

- [Support Groups](#)

- [Let's Talk Services](#)

*All links are clickable

UPCOMING EVENTS

October 1st & 3rd - National Hispanic Heritage Month concerts by Hayes School of Music

October 6th: - Latin Hispanic Heritage Festival

October 11th - Celebrating Sequoyah Lecture Series

October 13th - Garba 2021

October 16th - Spooky Duke 5k/10k Costume Walk