

# ARC- Counseling Center

## OUTREACH ACTIVITIES CALENDAR 09/10 – 06/ 11 SCHOOL YEAR

These are the outreach events already scheduled for the 2010/2011 academic year. The calendar will be updated as new events are scheduled. Please be aware that dates and times for events are subject to change.

IM Individual Meeting CP Classroom Presentation SO Student Organization  
 PW Planned Workshop CE Collaborated Event SF Support Forum  
 Pre Faculty/ Staff Group Presentation NR National Recognition

D – David F- Falesa K – Kathy T – Tamekia S- Shoma O – Other

Day	Date	Event Title	Event Time	Event Audience	Type of event	Presenter
<b>September 2010</b>						
<i>All week</i>	<i>9/2-9/8</i>	<i>National Suicide Prevention Week</i>				
Wed	09/08/10	<b>National Suicide Prevention Day</b>	4:00-5:00 Presentation	Open	NR	T, F,S
Tues	09/14/10	ARC Services – Dealing with College Anxiety	12:00-1:00 – 6:00-7:00	Open	PW	S,T
<b>October 2010</b>						
<i>All Week</i>	<i>10/5-10/11</i>	<i>Mental Illness Awareness Week</i>				
Mon.	10/4/10	Bipolar Disorder	5:00 – 6:00	Open	NR	T,D
Tues.	10/5/10	Generalized Anxiety	5:00-6:00	Open	NR	S,T
Wed.	10/6/10	Post Traumatic Stress Disorder (PTSD)	5:00-6:00	Open	NR	F,T
Thurs	10/7/10	<b>National Depression Screening Day</b>	12:00 – 5:00 Screening 12:00 – 4:30 Info table	Open	NR	All T,K,D
<b>November 2010</b>						
<i>All month</i>		<i>National American Indian Heritage Month</i>				

Tues	11/16/10	Strategies for Managing Debt in Troubling Times	12:00-1:00 6:00-7:00	Open	PW	F,S
<b>December 2010</b>						
Wed	12/1/10	<i>World AIDS Day</i>	12:00 – 1:00 Panel Discussion 1:00-6:00 Info tables	Open	NR	S,F,T
<b>January 2011</b>						
Mon	1/31/11	Dealing with College Stress	12:00 – 1:00 6:00 – 7:00	Open	PW	D
<b>February 2011</b>						
<i>All month</i>		<b><i>Black History Month</i></b>				
<i>All week</i>	2/7-2/11	<b><i>Random Acts of Kindness Week</i></b>			NR	
Wed Thurs	2/9/11 2/10/11	Communication & Relationships: Let's Talk	6:00-7:00 6:00 – 7:00	Open	PW	F,S
<i>All week</i>	2/24-3/1	<b><i>National Eating Disorder Awareness Week</i></b>			NR	
Thurs	2/24/11	Eating Disorder Awareness Workshop	12:00-1:00	Open	NR	D
<b>March 2011</b>						
<i>All month</i>		<b><i>Women History Month</i></b>				
T or W	3/22 or 3/23	Women History Related Workshop	TBA	Open	NR	S
Thurs.	3/3/11	Stress Management	12:00-1:00	Open	PW	D
<b>April 2011</b>						
<i>All month</i>		<b><i>National Autism Awareness Month</i></b>				
Tues	4/5/11	Autism Awareness Workshop ( <i>picked topic</i> )	TBA	Open	NR	F

M or TH	4/11 or 4/14	Pick topic	TBA	Open	PW	D
<b>May 2011</b>						
<i>All month</i>		<b><i>Mental Health Month</i></b>				
Mon	5/30/11	Mental Health Related Workshop	TBA	Open	NR	D
<b>June 2011</b>						
T or W	6/7 or 6/8	Pick topic	TBA	Open	PW	S

Rvd 08/24/10 tms