

COUNSELING SERVICES

SUPPORT GROUPS/SERVICES

Group counseling is a type of psychotherapy that provides the opportunity for small groups of students to share common concerns, explore personal issues, and learn new skills under the guidance of group leaders.

SEPTEMBER

Group Sessions and Activities are held at the MultiComplex Center (location subject to change)

Meditation on the Yard- (MONDAYS- 12:30 pm) *Front lawn of MultiComplex Center*

Join the Counselor in a group guided meditation to center the beginning of your week with positive energy and calmness outside.

Fresh Talk- (TUESDAY, September 3rd| 1 pm) *Magnolia Room*

There's no denying it. Freshman year is hard. Join in on a conversation with the counselor and your peers to navigate your Freshman year.

LGBTQIA + (TUESDAY, September 3rd | 7 pm) *MultiComplex Center*

Mind-Body-Check (WEDNESDAYS, | 11 am) *MultiComplex Center*

Counseling and Health Services will provide educational topics weekly on Wednesdays.

National Suicide Prevention Week (Sept 8- 14)

Meditation on the Yard (Monday Sept 9th | 12:30 pm)

"Garden of Hope" Project and Revealing (Tuesday, Sept 10th | 10am)

DIY Self Care Kit (Wednesday, Sept 11th | 11 am)

For more information, or to speak with a counselor about group counseling being offered, contact Counseling Services by visiting the MultiComplex Center or contacting **Ms. LaShundra Crittle, Coordinator of Counseling Services at lcrittle@coahomacc.edu or 662-621-4858.**

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for website



COAHOMA
COMMUNITY COLLEGE
On a mission...

COUNSELING SERVICES

JOIN US FOR MEDITATION ON THE YARD

On the front lawn in front of the MultiComplex Center
12:30 -1:00 PM

September 9th

September 16th

September 23rd

September 30th



*Mats will be provided.

According to research, meditation lowers stress/anxiety, improves mental health/sleep and increases concentration/ attention span.

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COUNSELING SERVICES

JOIN US FOR THE “GARDEN OF HOPE” PROJECT

On the front lawn in front of the MultiComplex Center

September 10, 2024 | 10AM



During Suicide Prevention Month we join in with others to raise awareness about suicide prevention and share healing messages.

The “**Garden of Hope**” will be created to remind our campus community that there is hope and to help eliminate mental health stigma on our campus.

Paint your stone of hope, love, bravery, encouragement and more to place in the garden.

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