

COUNSELING CENTER

Newsletter



What's new at the Counseling Center

WHAT'S HAPPENING

The Skidmore Counseling has a number of upcoming events this spring Semester. Information about the Images of Hope & Healing student art exhibit and the Skidmore campus Out of the Darkness walk follows below:

Images of Hope & Healing

The Counseling Center is pleased to be collaborating with the Active Minds in hosting "Images of Hope & Healing: Student Art Exhibit for Mental Health", to be held in Case Gallery from March 2nd-9th. Students who are encouraged to submit artwork reflecting messages of optimism and encouragement related to mental health treatment and recovery. Free "art creation moments" related to this event will be held at the Tang Museum on Saturday, Feb. 15th from 2-4pm and Sunday, Feb. 23rd from 1-3pm. Come join us!

Free art creation events will be held at the Tang Museum on **Saturday, Feb 15th from 2-4 pm and Sunday, Feb 23rd from 1-3pm**

Images of Hope and Healing

A STUDENT ART EXHIBIT
FOR MENTAL HEALTH

March 2–9
CASE CENTER

Submit your artwork

Photos Drawings Sculptures
Watercolors Paintings Mixed Media

Bring your work(s) to the Counseling Center
Email Andy Demaree, ademaree@skidmore.edu

SUBMISSION DEADLINE
NOON, FEBRUARY 24

Curated by the Counseling Center
and Active Minds

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Counseling Center
1st floor of Jonsson Tower
518-580-5555

Hours:
Monday - Friday
9:00 am - 12:00 pm
1:00 pm - 4:30pm

Emergency Appointments
are scheduled at 3:00 pm and
available more immediately
as appropriate.

For emergency situations after hours and on weeks, when the college is in session, please call 518-580-5555 and follow the prompt to access the appropriate resource.



**American
Foundation
for Suicide
Prevention**



On Saturday, April 26th, the Counseling Center will be bringing the Out of the Darkness Walk to Skidmore's campus for a third year. To find out more, **visit**

<https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=6777>

About Nnenna:



**Nnenna Lindsay,
Ph.D.**

Nnenna Lindsay, Ph.D. joined the staff in August 2018 after completing her doctorate in Counseling Psychology at the University of North Dakota. Nnenna is passionate about working with college students from diverse backgrounds. She completed her internship at the University of Florida Counseling and Wellness Center in 2017 and a fellowship at the Iowa State Counseling Service Center prior to relocating to New York. Nnenna's approach to counseling is collaborative in nature, since she understands that clients are the experts on their own unique lived experiences. She also works from a culturally responsive, mindfulness based, biopsychosocial framework.

Nnenna is the Counseling Center's liaison to the Office of Student Diversity Programs in addition to leading the Counseling Center's Coping with Depression workshop. **Nnenna is currently working with fellow Staff Clinician Oleg Turayev, Psy.D. as co-chairs for the Out of the Darkness Walk taking place on the Skidmore campus Saturday, April 26th, 2020.**

Random Acts of Kindness Week

Sunday, February 16th- Sunday, February 23rd celebrates Random Acts of Kindness Week. Below is a little kindness inspiration from **<https://www.randomactsofkindness.org/>**

- **Buy/Borrow Second-Hand**
 - Hand-me-downs are the way to go! This will save you some money and reduce the packaging materials used to sell something
- **Lave a Surprise in a Library Book**
 - Kindness sneak attack! Here's a great random act of kindness is you're shy or looking to surprise someone with your same taste in literature.
- **Donate Used Towels or Blankets to an Animal Shelter**
 - Animal shelters are always in need of supplies. Help out by clearing out storage boxes filled with old towels and blankets.
- **Text Someone Good Morning or Good Night**
 - Kick-start someone's day and/or make sure it ends on the right note.
- **Start a Piggy Bank for a Cause**
 - Pick a cause, get a piggy bank, and start saving!
- **Go To Your Favorite Spot**
 - Make some time for yourself today.
- **Praise a Local Business Online**
 - Positive reinforcement should be shared.
- **Use a Travel Mug for Your Morning Coffee**
 - Not only does it keep your coffee / tea hot for longer, you can save some money while you're saving the planet.



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