

Counseling Association (CA) Meeting Minutes
October 25, 2017

Attendance

Alicia M., Diane H., Emily F., Crystal W., Autumn D.

Fall semester meeting times

Wednesdays (November 29)

Time: 5:00-6:00 pm

October Past Events

-Chipotle Fundraiser raised \$35.00

-Volunteered at Family Resources and helped organize clothes and hygiene items. There were six volunteers.

-The Pantry Food Drive raised 2,185 pounds of food

-Purple Thursday event had people come out and take pictures

Upcoming Events

Hygiene Drive

We are collecting hygiene items to donate to Family Resources. We will need the help and support of the counseling students.

Dates: October 16-November 13

Location: The Counseling Association will have a box located across from Diane's office below the bulletin board for donations. There is also another box located at the end of the hall.

Professional Development

Date: CPR

Topic: November 2, 2017

Location: Room 2406

Sessions times below:

10 am-Full

1 pm-5 slots available

4 pm- 8 spots available

Please contact Diane Hudson at dm-hudson@wiu.edu to reserve your spot.

Manage your stress week

Date: December 4th-8th

Activities Below:

Monday- Therapy Dogs will be in the atrium from 2-4.

-GEMS Coffee and donuts from 10-2 outside the library on the second floor.

Tuesday-Psych Club Study Room from 11-4 in room 2222

- CA Yoga with Diane from 3-3:45 in room 1122

Wednesday-CA Healthy snacks,tea, and stress relief activities including stress balls.

Thank you for all of your support!

Crystal Williams, CA Secretary