

Counseling Association

Western Illinois University - Quad Cities
3300 River Drive
Moline, IL 61265

Meeting Minutes

October 15, 2018

Attendance

1. Taalor Werden
2. Leticia Huizar
3. Tabithia Gatlin
4. Sarah Moore

Topics discussed

1. **Domestic Violence Awareness Month-Women's Hygiene Drive:** Successfully kicked off this passed Monday (the 15th)! We are partnering with Argrow's House and are welcoming any resources you can donate. Look for boxes located in the Counseling Department, Atrium, and Riverfront Hall.
2. **Counselor Education Workshop:** Come and learn new ways counseling is implemented utilizing unique techniques. We are planning to invite current WIU students Anna Richards (specializing in art therapy) & Paul Rich (specializing in music therapy). This event is tentatively planned for Monday, November 12th, from 6:00PM-7:00PM. We will ***not*** be hosting a CA meeting this day. If you have any questions regarding this event, please contact Taalor Werden at tr-werden@wiu.edu.
3. **Manage your stress week:** This week of relaxation will take place during finals week (December 3rd-December 7th). We have a few ideas up our sleeve but are open to any fresh ones. If you have some you would like to share, please send them to Tabithia Gatlin at ts-gatlin@wiu.edu or Leticia Huizar at l-huizar@wiu.edu.

***Please, no snack table ideas.

2

Upcoming Events

1. Fundraisers: Proposed to the board and is TBD. However, we are open to new ideas as well. You can share any ideas with Leticia Huizar by contacting her at [L-
huizar@wiu.edu](mailto:huizar@wiu.edu).

Future Meeting Dates:

**December 3rd (6:00-7:00PM)

Takes place in conference room 2203.

Link for meetings

Don't forget! If you cannot attend our meetings in person, you can join us from your computer or smartphone via the web. Everything begins at 6:00pm. Here is the zoom link:

<https://wiu.zoom.us/j/9504602150>