Thursday, October 1, 2020

Let’s Talk About the Impact of Racism & Next Steps, 4:00pm
Many of our students are impacted by experiencing and witnessing race based inhumane violence and injustices. Be heard by the Counseling Center and your fellow students in a brave space that encourages understanding, validation, and next steps.

Virtual open sessions available every other Thursday at 4:00 pm. Zoom Registration Required. Some sessions may include guest professionals in addition to the Counseling Center. Find details on CougarConnect.

Happiness Team Journey
Join CoC’s Happiness Team Journey. Create pairs or groups to actively seek out your happiness. Teams that do the most live and “on your own” activities can win great prizes through student life. Each of the five weeks has a different theme: Expressing Gratitude, Cultivating Optimism, Taking Care of the Body, Nurturing Relationships, & Developing Strategies for Coping. All themes, events, and “on your own” activities are shared on CougarConnect.cofc.edu. Log on to Cougar Connect and try it out!

Monday, October 5, 2020

Motivational Monday with MSPS
Join us for conversation with fellow students and staff to talk about the week ahead (Via Zoom) 12:00pm-1:00pm

Koru Mindfulness
A four-week free class created by Duke to build mind/body and meditation skills. Koru has been shown to decrease stress, decrease self-judgment, improve sleep, and improve mindfulness.
3:00pm, (Registration required in Cougar Connect)

Wednesday, October 7, 2020

Mental Health Awareness Week
Watch for events on Cougar Connect or CoC Mental Health Education

5 Things to Help Stress Right Now
Every Wednesday thru October 21.
A practical workshop that includes relaxation techniques, quick physical activity, and a goal/list writing activity.
4:00pm via Zoom, Link available in CougarConnect

Thursday, October 15, 2020

Moraleooween
Sponsored by Charleston Miracle
Cougars Mall
11:00am-3pm

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Murder Mystery
Hang out with the members of Charleston Miracle, solve a mystery and win a prize! Event on Zoom, 7:00pm-9:00pm Watch Cougar Connect for details.

Friday, October 16, 2020

Meditation Retreat
During this retreat, we will experience a variety of meditation techniques and styles to help us connect with ourselves and with others in our community and world.
3:00-6:00pm, Registration available in CougarConnect

Monday, October 19, 2020

Motivational Monday with MSPS
Join us for conversation with fellow students and staff to talk about the week ahead (Via Zoom) 12:00pm-1:00pm

Tuesday, October 20, 2020

Developing Strategies with Coping Week
“Blowing Bubbles Mindfully with Charlie.”
4:30pm-5:30pm
Via Zoom, Registration information in CougarConnect

Wednesday, October 21, 2020

5 Things to Help Stress Right Now
Every Wednesday thru October 21.
A practical workshop that includes relaxation techniques, quick physical activity, and a goal/list writing activity.
4:00pm via Zoom, Link available in CougarConnect

Speed Friending: Not Your Typical M-F Zoom
Join CoC Mental Health Education Interns in this fast paced getting to know one another event.
7 pm, Link in CougarConnect

Wednesday, October 28, 2020

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