CENTER FOR COUNSELING & STUDENT DEVELOPMENT PRESENTS

LUNCH & LEARN

Connect with others virtually & learn skills to better cope during COVID-19

Connecting During Covid  (9/7 - 9/28) Mon 12:30-1:30 pm
Allison Banbury & Alex Agiliga
Connect with others who are also struggling to make friends while navigating social distancing. Learn ways to cope and skills to enhance your friendships with others during this difficult time.

Navigating Living with Others  (9/10 - 10/1) Thurs 12:30-1:30 pm
Kelly Ozambela & Sanil Mayikunnel
A space for support and learning strategies for better communication and creating healthy boundaries around living with others while navigating the restrictions and challenges of a pandemic.

Coping with Remote Learning  (9/11 - 10/2) Fri 12:00-1:00 pm
Mary Anne Lacour & Sandra DiBitetto
Learning remotely is difficult. A place for support, resources, and strategies on coping with a new way of learning and being a student.

Coping with the New Normal  (10/15 - 11/13) Thu 12:30-1:30 pm, Fri 12:00 - 1:00 pm
Kelly Ozambela & Sanil Mayikunnel ● Mary Anne Lacour & Sandra DiBitetto
Coping with the uncertainty that the pandemic brings can be tough. This group will offer a place of support and learning of coping skills to help adjust and thrive during these challenging times.

Students with Disability Support Group  (10/12 - 11/9) Mon 12:30-1:30 pm
Allison Banbury & Alex Agiliga
Having a disability and/or chronic health conditions can be particularly challenging and isolating during the pandemic. This will be a place of support for those who can relate to the unique struggles, obstacles, and resilience of students who identify as having a disability and/or chronic health condition.

Stress Management  (11/16 - 12/11) Mon & Thurs 12:30-1:30 pm, Fri 12:00 - 1:00 pm
Allison Banbury & Alex Agiliga ● Kelly Ozambela & Sanil Mayikunnel ● Mary Anne Lacour & Sandra DiBitetto
Learn coping strategies to help to deal with the holidays and upcoming ending of the Fall semester.

Contact us at 302-831-2141 and ask about our Lunch & Learn Discussion Series to learn how to join! Small groups of Blue Hens that meet weekly.