

Integrative Wellbeing Services – Fall 2017: Multicultural Outreach, Walk-ins, Groups and Skills-Building Sessions

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Let's Talk (12-2) Peer Health Office Paresky 212 (Lara Conry) One-on-one with IWS Therapist – no appointment necessary Starts September 11</p>	<p>Let's Talk (10:30 – 12:30) Davis Center (Chris Watkins) One-on-one with IWS Therapist – no appointment necessary Starts September 12</p>	<p>Let's Talk (2:00-3:00) Davis Center (Chad Lazzari) One-on-one with IWS Therapist – no appointment necessary: Starts September 13</p>	<p>Let's Talk (11-1) Peer Health Office Paresky 212 (Lara Conry) One-on-one with IWS Therapist – no appointment necessary Special Session – Davis Center 9/14 only Starts September 21 (weekly in Peer Health)</p>	<p>Food for Thought Fridays (noon – 1_ - Paresky 201 / Reading Room) - The IWS team hosts group discussions with students and staff on key topics of a timely nature – beginning with race relations – on campus and beyond. Let's have the conversations – engage in intergroup dialogues of substance and impact. Starts September 22</p>
<p>Mindful Mondays (noon-1) Paresky 201 / Reading Room. (Wendy Adam & Karen Theiling) Practice group for mindfulness and meditation skills development – simple practices with a big impact on concentration, relationships with stress, self-care, sleep, and overall wellbeing. No experience necessary – come and practice with us. starts September 18</p>	<p>Together Tuesdays @ 12:10- (sidewalks in front of Paresky – Tuesdays at 12:10 pm beginning Tuesday, September 19) <i>Together Tuesdays @ 12:10 – 12:20</i> are a time for all of us to take 5-10 minutes to stand up for all identities, honoring all races, ethnicities, practices, etc. Starts September 19</p>	<p>Williams takes to the Woods (2:00-3:00): First Congregational Church (FCC) Lower Level – (Ben Wood) Starts September 20</p>	<p>Thriving Thursdays (noon-1) – Paresky 201 / Reading Room -(IWS Team) Thriving Thursdays brings the Integrative Wellbeing Services team to students each week for a 50-minute skills building / educational session on a variety of topics linked to wellbeing. Topics this semester include: integrative wellbeing 101; self-care & self-compassion; micro-aggressions & privilege; gratitude; mindfulness; relationships; sleep & stress; imposter syndrome & worthiness; student leadership. Starts September 21</p>	
<p>Wonder Walks (1-1:45) (meets briefly at Paresky 201 – then walking outside) (Wendy Adam) Wondering about life, global events, belonging, friends or anything else? Come walk together and talk. All are welcome. Starts September 18</p>	<p>Skills for Academic Thriving - Class Participation, Time Management & Procrastination: (Tuesdays – 4:30 – 5:30) First Congregational Church (FCC) – Lower Level Group Room- (Becky Crane) starts September 19</p>	<p>Uniquely YOU - Celebrating Body Diversity: (Wednesdays 4:00-5:00) (Donna Myers & Maria Cruz) First Congregational Church – Lower Level– October 4, 11, 17, 25 . Space is limited – contact Donna @ dmm5@williams.edu or Maria at MCruz@williams.edu.</p>	<p>JAM for Lunch (JA & JA-AB members) — Thursdays 12-1 – First Congregational Church Lower Level (Karen Theiling) Join Karen in this drop-in group designed to provide support and consult to JAs and JA-AB members. All topics and reasons welcome! Starts September 14</p>	<p>Let's Talk (1-2) Peer Health Office Paresky 212 (Chad Lazzari) One-on-one with IWS Therapist – no appointment necessary Starts September 15</p>
<p>Sports Psychology Walk-In / Let's Talk (1:30-3) Lasell 204 (Ruby Solomon) Starts September 11 Healthy Relationships – for You and Others (Mondays 4:00-5:00) First Congregational Church (FCC) – Lower Level Group Room Alysha Warren & Donna Myers – starts Monday, October 16)</p>	<p>Seeking Sacred Stories: Connecting through Narratives of Racial Trauma (Tuesdays 5:30-6:30) – Davis Center – Celia Hilson & Alysha Warren Starts September 19</p> <p>Skills for Thriving with Complex Emotions (Tuesdays 6-7:30) – (First Congregational Church 6:00-7:30). (Karen Theiling & Ruby Solomon) Starts September 19</p> <p>Mood-lifters: Managing the Ups and Downs (Tuesdays 6-7) First Congregational Church – Basement Group Room) Becky Crane & Lara Conry starts September 19</p>	<p>Conversations: An Exploration of Gender and Sexual Orientation Wednesdays 6-7:30 – Davis Center (Karen Theiling & Chad Lazzari) Starts September 20</p>	<p>Sports Psychology Walk-in hours: 2:30-4:15 in Lasell 204 (Paul Gitterman) One-on-one with IWS Therapist – no appointment necessary Starts September 14</p> <p>Understanding Yourself through Understanding Others (Thursdays 4:30-6) Please call Kim Tremblay at 413-597-2353 to register (Paul Gitterman & Jordan Stewart / Lara Cury - Starts September 21</p>	<p>International Perspectives & Support: (Fridays 2:00-3:00 pm) First Congregational Church - Lower Level Group Room (Ben Wood) Starts September 22</p>