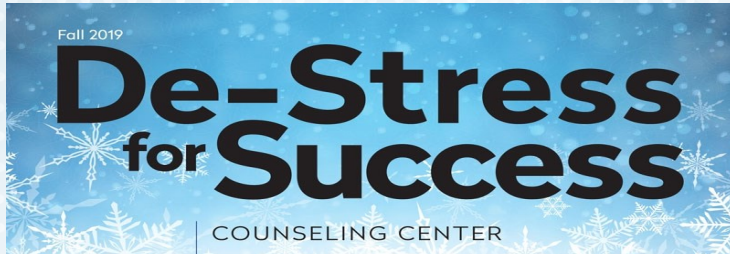


The Intercultural Center DECEMBER NEWSLETTER

2019



As we finalize our greatest accomplishments and prepare for the holidays, the campus community provides various ways to unwind.

De-Stress for Success is being held from December 9th - December 20th. Below you will find a few events hosted during December.

Stress Away Day brought to you by Campus Life, is a day made for relaxation as we approach the end of the semester.

Stress Away Day took place on December 4th, in the Williams Center-MPR from 11am-2pm. Activities included a coloring station, DIY aroma diffusers, and relaxation jars. To help set the mood, The Counseling Center orchestrated guided meditations, along with healthy give away prizes.

Latinos Unidos Hosted an Ornament Decoration event in order to destress and relax.



Other Ways To De-Stress

Let's Talk: A Drop-In service providing consultation with a licensed Mental Health Counselor. Drop-In service hours are Wednesdays 8am-4:30pm in E125 Thompson Hall.

Pillow Talk: A group intimate discussion run by the Counseling Center focusing on individuals' positive qualities. Pillow talk is held every other Wednesday in the IC Lounge at noon.

Counseling Services: Stressing about something personal or school? Go visit Lagrasso's Counseling Services. From December 2nd-20th, the Counseling Center will be providing same day appointments for counseling services.

You can reach the Counseling Center by phone at (716)673-3424 or by drop in.



December Events

Enfusion Dance Workshop- Dec. 5th, 6:30-8:30pm, Williams Center S222.

Hillel - Hanukkah Event, Dec. 5th, 8-10pm, Rockefeller Arts Center Atrium

President's Holiday Open House - Dec. 7th, 2:30-4pm

Alpha Psi Lambda Holiday Party - Dec. 7th, 6pm- 8pm. Williams Center S204ABC

Winter Word Search

P F X N Y W J U S G B I Z S Z
S Y A E O C E A V I Z Y S G Y
N V A M X I M B D F E M X N H
A R J K I T T R P T V O W I I
E V O L S L V A I S N U N N A
F I D I U H Y L R C G F X N F
S U R T J G D U J B L J B I X

Beginnings

Love

Celebration

New Resolutions

Christmas

Thankful

Family

Year

Gifts



Upcoming Spring Events

Annual Gala (CSA)	IC Winter Leadership Retreat
Black History Month	Men Of Color Summit
Blue Ice on Ice	Multi-Cultural Weekend
Blue Ice Showcase	Silent Headphone Party
Fiddler On The Roof	Soca n Sweat
Greek Expo	Valentine's Tabling

IC Group Meetings

Black Student Union GB Meetings: Wednesdays 7pm S204ABC	Japanese Club GB Meetings: Thursdays 7pm G103B
Brother 2 Brother GB Meetings: Bi-Weekly Wednesdays 8pm CSA	Korean Club GB Meetings: Wednesdays 6pm IC Lounge Latinos Unidos (LU)
Fred Feminist GB Meetings: Thursdays 8pm Fenton 159 Hillel	NASU GB Meetings: Tuesdays 6pm Pride Alliance GB Meetings: Wednesdays 8pm Fenton 153
International Club GB Meetings: Wednesdays 7pm	Sister Circle GB Meetings: Monday 8pm S204ABC

