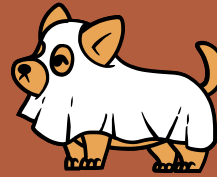


Wellness Center Presents
October 2020
Issue 21: Stranger Things



@wellnessatPC
@CASSAPNY

Bathroom



Talks

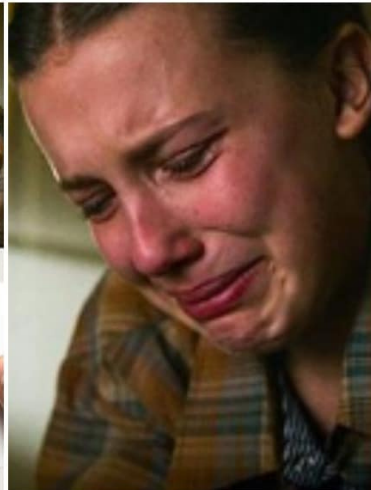
The Wellness Center Presents

Red Zone
2020

Join us for Red Zone Prevention Friday Series each Friday. Follow us @wellnessatpc for more information!



Spotting someone not following social distancing norms.



"Let's Talk" is a drop-in Zoom meeting that offers informal, confidential consultation with members of the Counseling Center's clinical staff and graduate trainees. Click for meeting times and info!



Peer-Led All Recovery Support Group

Wednesdays
1-2pm



Stranger Things of 2020

October is usually a month to celebrate all things scary; but let's face it, 2020 has given us too many frightening realities already. Although gatherings are not recommended, if you do choose to gather whether it be for Halloween or gathering for any other reason, Wellness recommends the following:



Keep a safe distance: at least 6 feet.



Wear a mask. Try a fun halloween mask



Wash hands often.



Do not share drinks, vapes, bongs etc.



Decline substances from strangers.



Designate a sober buddy.



Pace drinks to one drink/hour or less.



Limit substance use for safe judgement.

Do you create art without the use of substances?

Enter our Clearly Genius Art Contest for a chance to win \$50 and get your work displayed on our social media!

