

Counseling and Behavioral Health Presents April 2021

Issue 28: Sustainable Wellness



@wellnessatPC
@CASSAPNY

BATHROOM TALKS

for the captive audience...



Alcohol Awareness Month

April is Alcohol Awareness Month. Created in 1987, this annual recognition allows students to examine their relationship with alcohol and if needed, reach out for help. If you are looking for support with your substance use, you can call 914-251-6390 to make a confidential appointment.

Sexual Assault Awareness Month

Originally starting in the 1970's by women survivors of sexual assault, April is recognized as a month of advocacy, education and support for survivors of all genders, races and ethnicities. During April, CBHS, asks students to participate in , learn about, and engage with, these issues by sharing information, learning and taking a stand against sexual abuse/assault. Check out how to get involved @lbi_interns.

Sustainability and CBHS

Did you know that CBHS has sustainability as one of its core missions? CBHS works to promote sustainable practices to help students and our campus. Check out our focus on sustainability here.



BORED?

Visit our
Events Page

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!