

# S'MORGASBOARD

MARCH 2015 DIVERSITY NEWSLETTER  
ASU COUNSELING & PSYCHOLOGICAL SERVICES CENTER



*Multiple Sclerosis Education and Awareness Month*



*Women's History Month*



*Spring Break: 3/7-3/15*

## SAMPLING OF EVENTS

Starting March 2<sup>nd</sup>, check out these events for Eating Disorder Awareness Week! Look for our information table in the Student Union.

Monday, March 2<sup>nd</sup>

**Scale Smashing – You are NOT what you weigh:** Sanford Mall in the afternoon.

**Mindful Eating: Make Peace with What's on your Plate:** Three Top Mountain in the Student Union from 1:00-2:00 pm

**Rock Your Body Cardio Dance Class:** QRC from 8:30-9:30 pm

Tuesday, March 3<sup>rd</sup>

**Personas: Identities of an Eating Disorder:** Film and Discussion in Tater Hill in the Student Union from 1:00-2:30 pm.

Wednesday, March 4<sup>th</sup>

**How to Help a Friend:** Three Top Mountain Room in the Student Union from 12:00-1:00 pm

**Stories of Recovery:** Three Top Mountain Room in the Student Union from 6:00-7:15 pm.

## MARCH BUFFET

### Women's History Month

**March 4 (sunset)- March 5 (sunset)** is Purim (Judaism)

**March 5** is Magha Puja Day (Buddhism)

**March 6** is Holi (Hinduism and Sikhism)

**March 8** is International Women's Day

**March 17** is St. Patrick's Day (Christianity)

**March 20** is Ostara/ Eostre (Pagan and Wiccan)

**March 28** is Ram Navami (Hinduism)

**March 29** is Palm Sunday (Christianity)

## S'MORE INFORMATION

In honor of Women's History Month, here are some inspirational quotes from influential women:

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." ~ Mother Teresa

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face." ~ Eleanor Roosevelt

"I have the right of education. I have the right to play. I have the right to sing. I have the right to talk. I have the right to go to market. I have the right to speak up." ~ Malala Yousafzai

"Each person must live their life as a model for others." ~ Rosa Parks

"Don't compromise yourself. You are all you've got." ~ Janis Joplin

## BRAIN FOOD

### March Workshops

**It's NOT all about the BASE: Crafting a Compassionate Sense of Self:** Tuesday March 3<sup>rd</sup> 4:15-5:15 pm in Rough Ridge Room/ Student Union (part of Eating Disorder Awareness Week)

**Talk to the Paw: Come Destress with Allstar, the Dog:** Thursday, March 26<sup>th</sup> 4:00-5:00 pm Three Top Mountain Room/Student Union

*Extra credit slips will be made available.*

### Suicide Prevention Outreach

Interested in training your group, club, organization or team about suicide prevention? Contact Denise Lovin at the ASU Counseling Center 828-262-3180 or lovindm@appstate.edu

# March 2015

## Campus & Community Events

Women's History Month & Social Work Month

Spring Break is here!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 First-half of semester ends Eating Disorder Awareness Week Begins (see newsletter for evens)	3 Chinese New Year Celebration from 6-9 in Blueridge Ballroom Free Tai Chi at 5 & Free Painting Class at 7- Tuesdays at Turchin	4 Coffee with a cop from 11am- 2pm in Student Union Purim begins at Sunset	5 Second-half of semester begins End of Chinese New Year: Lantern Festival Purim ends at Sunset Magha Puja Day	6 Holi	7 Healing Arts Yoga 10:30am - 12:00pm \$5 for ASU students Turchin Center
8 International Women's Day	9 Spring Break	10 Spring Break	11 Spring Break	12 Spring Break	13 Spring Break Deaf History Month Begins (through April 15)	14
15	16	17 St. Patrick's Day CareerFest in Holmes Convocation Center from 12-4pm. Peking Acrobats at 7 in Schaefer Center Free Tai Chi at 5 & Free Painting Class at 7- Tuesdays at Turchin	18 Doorway Series: Journey of Women in Animated Disney Films 3:30 in Room 421, Belk Library	19 iLead Seminar: Conflict 5:00pm - 6:00pm in Rough Ridge, Student Union room 415	20 Ostara/ Eostre	21 International Day for the Elimination of Racial Discrimination Healing Arts Yoga 10:30am - 12:00pm \$5 for ASU students Turchin Center Spring Equinox
22	23 Last day to drop a full semester class; last day to withdraw without academic penalty	24 Free Tai Chi at 5 & Free Painting Class at 7- Tuesdays at Turchin Panorama 2015 7:00pm - 9:30pm Blue Ridge Ball Room	25	26	27	28 Ram Navami Healing Arts Yoga 10:30am - 12:00pm \$5 for ASU students Turchin Center
29 Palm Sunday	30	31				