FALL 2008 NEWSLETTER

Counseling Resource Center Staff & Services  
Room: D102  
Telephone: (718) 368-5975

Monday 9-5  *  Tuesday 9-8  
Wednesday 9-8  *  Thursday 9-7:30  
*  Friday 9-4

Full time and part time staff:  
Dr. Maria Bartolomeo-Maida, Coordinator  
Ms. Dasha Gorinshteyn, Full time Counselor & ESL Counseling Coordinator  
Ms. Paulette Bhara  
Prof. Marilyn Chernin  
Dr. Natalie Rubinton  
Ms. Ilona Fridson  
Ms. Maria Francavilla  
Dr. Jennie Roman  
Ms. Doris Lewis  
Ms. Patricia Yoon  
Ms. Orsolya Varkonyi  
Ms. Dana Goren  
Ms. Jewel James  
Ms. Kolone Scanlan

* Dr. Mark Hollander is also available in Health Services

The Counseling Resource Center provides Personal counseling and ESL counseling services to students. We recognize that balancing the demands of school and personal life can be challenging.

As such, the mission of the center is:

- To provide counseling to students in an attempt to facilitate meaningful personal growth and the fullest academic development of each individual.
- To assist students in handling this stressful period in life with any adjustment, behavioral, emotional, or academic issues they might be struggling with.

We provide the following services:
- Individual counseling
- Group counseling
- Educational workshops
- Advisement for ESL students
- Consultation to faculty and staff
- Psychological screenings
Are you nervous about starting college?
How to juggle it all!
September 18th, 2008
12:40-1:40 Room A212

Depression Screenings
October 7th 10:00-4:00pm
October 10th 10:00-2:00pm
Tabling in Breezeway

Look out for upcoming workshops in November and December:
-Improving interpersonal and communication skills
-Understanding anxiety/managing stress

We also have a new ESL peer mentor program for incoming ESL students! The goal of this program is to help incoming ESL students with their transition to college!

Please come in to sign up for any of the following:

Bereavement/Grief Group
Starts October 6th
Every Monday
1:40-2:40 Room M382

Women’s Support Group
Starts October 15th
Every Wednesday
12:40-1:40 Room M382

ESL Conversational Groups for Fall 2008
Starts September 17th
Every Wednesday
11:30-12:30 Room T 4223
Every Thursday
12:40-1:40 Room E 113

Please check out the following resources:
-American Psychological Association
www.apa.org
-American Psychiatric Association
www.psych.org
-Go ask Alice
www.goaskalice.com