



Counseling &
Career Services

Chemeketa Community College

Mental Health • Career Development • Employment



Join us for
a week of
workshops,
presentations,
and more

MENTAL HEALTH AWARENESS WEEK

October 11–15

EO/AA/ADA/Title IX institution

Mental Health Awareness Week Workshops

How to Manage Mental Health

Monday, Oct. 11, 2–2:50 pm

Cleo Alvarez and Julio Cortez, presenters

Introducing mental health week opportunities, Chemeketa's Counseling Services for students and tips for a successful term.

Zoom link: <https://chemeketa.zoom.us/j/953823698>

QPR Suicide Awareness and Prevention— Ask a question, save a life.

Tuesday, October 12, 3:30–5 pm

Tiffany Borden and Blanca Aguirre, presenters

QPR (Question, Persuade, Refer) As someone who may be in the best possible position to prevent a suicide, you will find that QPR is designed to help you save a life. Certificate of Completion provided at the end of the session.

Zoom link: <https://chemeketa.zoom.us/j/92953724294>

Strategies for Success in College and in Life

Wednesday, Oct. 13, 1:30–2:20 pm

Eusebio Herrera-Perez, presenter

According to positive psychology exponents, an individual's level of happiness and optimism strongly influences academic and other outcomes. Learn how to apply positive psychology to improve your academic success.

Zoom link: <https://chemeketa.zoom.us/j/98545097574>

In The Shadow of COVID—Prolonged Uncertainty Grief and Transitions

Thursday, October 14, 12–12:45 pm

Karen Stevens, presenter

Join a counselor-led discussion about the confusing time we are in, the psychological impacts it has had and learn how to feel more grounded and in control of our lives as we move forward in these unprecedented times.

Zoom link: <https://chemeketa.zoom.us/j/92003257169>