

COUNSELING RESOURCE CENTER

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

Workshops and Additional Info!



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