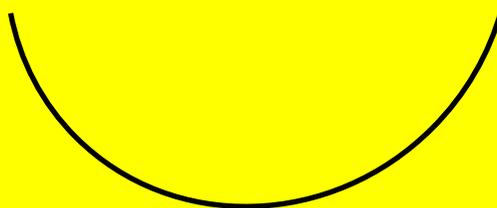


SMILE *



IT'S GOOD FOR YOU.

* [HTTPS://WWW.PSYCHOLOGYTODAY.COM/BLOG/CUTTING-EDGE-LEADERSHIP/201206/THERE-S-MAGIC-IN-YOUR-SMILE](https://www.psychologytoday.com/blog/cutting-edge-leadership/201206/there-s-magic-in-your-smile)

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Dear Students,

As the fall semester commences upon us, we can begin to envisage the feeling of coming to the campus with the magnificent ocean view. The allure of the fall semester is that it can epitomize a new dawn and a time for advancement and innovation. As you continue to expand as a Kingsborough scholar, continue to think about what is your impetus to work hard and continue your academic work. Is it your dedication to the major of choice? Student life? The challenge of the academics? Whatever it is that galvanizes you, continue to relate to that motivation to help you flourish as an undergraduate and as an individual. I wish you the very the best in this upcoming fall semester and know that our door is always open.

*Dasha Gorinshteyn, Director
Counseling & Health Services*

COUNSELING & HEALTH SERVICES PROGRAMS

Counseling & Health Services consists of four separate programs that provide a variety of supportive services and resources to students, faculty and staff. Below is a description of each program. If you would like more information about any of these programs, please contact the individual program.

Counseling Services Room D-102 718-368-5975

Counseling Services provides emotional and psychological support to students as they pursue their academic and personal goals, and strive toward enhancing the quality of their experience at Kingsborough. Counseling sessions are confidential and free for all currently enrolled students. In addition to individual counseling, Counseling Services offers groups, and ESL support services. Counseling Services can also provide referral for outside treatment for students with substance abuse concerns. Appointments are required for individual counseling sessions, though for students with immediate need, walk-in and emergency services are also available. To make an appointment, please visit or call our office.

ESL Support Services is a component of the Counseling Services office that

was created with the goal of assisting ESL students with academic, cultural and personal adjustment to the college. Services available include: personal counseling, ESL intensive learning community, group support, workshops, peer mentorship and Talking Buddies.

Faculty and Staff Outreach Services is another component of the Counseling Services office. The service provides presentations and consultations to faculty and staff on crisis intervention stemming from students' behavioral and emotional problems. The information often helps faculty and staff feel better equipped to determine when our assistance is required or when to seek help from other college supportive services.

Website:
http://www.kbcc.cuny.edu/CounselingServices/Pages/counseling_resource_center.aspx

Student Wellness Center Room A-108 (E & F) 718-368-5975

The Student Wellness Center provides health, mental health education, and supportive services in an integrated and holistic way. Its main objective is to provide a safe place on campus that takes into account the diverse needs and backgrounds of KBCC students and to promote multidimensional health education and self-care.

The Student Wellness Center has integrated what was formerly known as HELM into its services. The Center is located in room A-108. To make an appointment or learn more about the Student Wellness Center call the office.

Website:
<http://www.kbcc.cuny.edu/CounselingServices/Pages/WhatistheStudentWellnessCenter.aspx>

Women's Center Room M-382 718-368-4700

The Women's Center provides women on campus a place to gather, socialize, network and examine the transitioning lifestyles that will allow them to develop to their fullest potential. Its services include counseling and crisis intervention, special programs, projects, seminars and workshops for women, peer support groups, resources, a women's mentor program, and consultations with academic departments, organizations and individuals to expand awareness of gender dynamics and women's concerns.

Website:
http://www.kbcc.cuny.edu/studies/Pages/womens_resource_center.aspx

Health Services Room A-108 718-368-5684

The office of Health

Services is one of many support services offered by the Department of Student Development. It provides first aid health care, medical record review, storage and retrieval, medical consultations, health related referrals, health education, advisory, and preventative health services. A registered nurse is always in attendance when classes are in session.

Website:
<http://www.kbcc.cuny.edu/healthservices/Pages/default.aspx>

Free Vaccinations

Offered by
HEALTH SERVICES
Room A-108
718-368-5684

MMR Vaccine (Measles, Mumps, and Rubella)
Fridays 9am-11am

TB Vaccine (Tuberculosis)
Appointment required

Hepatitis B Vaccine
Appointment required

Tdap Vaccine (Tetanus, Diphtheria, & Pertussis)
Appointment required

A registered nurse is always in attendance when classes are in session.

Call or visit the Health Services office between the hours of 8-4 to make an appointment.

STRENGTH IN DISABILITY

By: Stella Woodroffe, PhD., Director, Access-Ability Services

What do you think when you meet someone with a disability? Do you first think about what is “wrong” with the person? Do you assume that the person needs your help? You are not unusual. Attention to “what is wrong” has long been a central expression of the societal perspective on disability. It assumes that problems belong to or are inherent in disabled people and express a primary fact about who they are. It encourages labeling and negative attitudes about them. It assumes weakness or “lack” in disabled persons and provides the rationale for non-disabled people to be their helpers. This perspective has been problematic for disabled people and is often awkward for those without disabilities. Thankfully, there is another perspective.

A strengths-based perspective operates on the assumption that people have strengths and resources for their own empowerment. In a person with disability, it does not ignore the disability; instead it allows a more comprehensive and realistic view of the person. [Kody](#) expresses it well in her [YouTube video](#) in which she acknowledges that she is the sum of many things and that she changes as she learns and experiences life.

[Bill](#) acknowledges that though after many years of being paralyzed, he still believes that “being paralyzed sucks. It does. There’s no way around it”, he also knows that having “[a disability can be cool](#)”. These and other persons remind us that what constitutes a disability is a relative matter. We must allow individuals to tell us who they are, what their disability means to them, and what, if anything, they need from us. Be prepared; they may need less than you think! Dealing with disabilities can cause people to develop great coping skills.

Cognizant of the uniqueness of their development, Access-Ability Services strives to treat each student as a discrete individual. We encourage students to know and use their strengths to their advantage, and to tell us what they need for full and equal participation at KCC. We respect student autonomy, and advocate for a KCC community that is welcoming to all students. If you know a student who has a disability and may benefit from our services, invite them to visit us in D205 or at [our website](#); or contact us at (718) 368-5175 or AAS@kbcc.cuny.edu. If you are interested in learning about any disability-related topic, please feel free to contact us. We are waiting to hear from you.

internship opportunity

PEER COUNSELING EDUCATOR

Peer Counseling Educator responsibilities include: tabling events, wellness campaigns, class visits and presentations, aid in developing and implementing psycho-educational workshops, and participate in all outreach events hosted by the Student Wellness Center.

Qualifications:

All candidates must currently be enrolled at KBCC and display a strong interest in the field of psychology, mental health, community health, holistic wellness, recreational therapy, nursing, and other health related careers.

Candidates should have a GPA close to or above a 3.0 with plans of advancing their education.

Personal qualities: empathic, good listener, friendly, self-starter, responsible, flexible, open-minded, and eager to learn.

Duration:

At least six months or more.

Academic Credit:

Academic credit can be claimed but is not necessary.

Additional incentives available for successful candidates after completing training.

To apply, contact Ilona Fridson, Counselor & Student Wellness Center Coordinator at 718-368-5975.

IT'S TIME TO GET REAL By: Robert Gangi, Ph.D., Psychologist

Is it wrong to talk about other people behind their backs? Most of the time, probably. But we do it anyway. Maybe that's because it's easier to see and think and talk about other people's troubles- exactly the ones we worry about in ourselves but don't know how to fix and would never speak up over. It seems it's not that hard to be a know-it-all when you're up in everyone else's business. When it comes to our own business though, almost all of us have secret problems to figure out, things that we think about only to ourselves and worry could start to show- and maybe make other people start to talk.

So what do you do? You can try to be fake- to pretend to be as perfect as a lot of people would like to think they are. It's what most people do - at least sometimes. Some people even get to be so good at it that it makes them famous. The thing about being fake though is that, over time, it turns out to be a lot of work and, sooner or later when you're under pressure you'll find that you start to freak out a little- or sometimes a lot. The thing is, the "real" stuff will always keep pushing its way out- like nagging questions about what other people honestly think about you; how upset you get worrying about whether your boy-

friend or girlfriend might leave you for someone else; questions about whether you're straight or gay, or embarrassment over people in your family who seem to drink or get high too much or are sitting home really depressed. Any of those kinds of worries, and a bunch of others, just won't tolerate it if you try to pretend they're not important.

It would be great if there were someone who could look at you from the outside, past the fake, and let these real things have real attention. It should be someone smart, who was sworn to keep everything you say completely secret and who spends a lot of time thinking about exactly these types of worries. These people actually exist and you hear about them all the time. It probably just hasn't occurred to you that you could get anything from one of them. They're called therapists. and talking to one is so useful that rich (and sometimes famous) people will pay \$150-\$200 for every 45 minute meeting.

The good news is, we have them here at Kingsborough. They're paid for by the city and cost you nothing. Some of the therapists here even go to the city on other days to provide this kind of service to people who can afford it. This means that, while you're here, you have a

way to get better at things besides algebra and English, and history. You have a chance to get better at the things, that for most people, feel like they count a lot more- like feeling less worried or nervous or sad- or having a relationship with a boyfriend or girlfriend that doesn't feel, "crazy."

If you could have the chance to feel that much better, to understand yourself, your friends, and life more the way you want to and you could do all that for free and didn't, you should really stop and think because looking at that kind of not-so-great judgment from the outside is just the sort of thing that could make people start to talk.



Student Wellness Center Calendar of Events / Fall 2015

- **September 13th -19th – Health Insurance Week** (with the exception of 9/14 and 9/15)
- **September 21st – Open House: Counseling Center and Student Wellness Center.**
Breezeway and A-108 E&F 10:10a - 1:30p & table near D-102
- **September 29th – Nutrition: Feeding your Feelings and Body.**
National eating disorder screening day/ Breezeway. Workshop to follow:
Time 12:50-2:00p. Location is TBA
- **October 1st – Breast Cancer Awareness Month: Keeping Abreast**
October 5th, 7th, 13th, 19th, 20th, 21st, 26th, 28th
Breezeway10:10a-1:30p. / Evening 4:30-6:00p - table near D-102
- **October 5th - 8th – National Free Depression Screening**
Breezeway10:10a-1:30p / Evening 4:30-6:00p- table near D-102
- **October 20th – Do you know how resilient you are?**
*Learn how to lead a more productive and healthy life while you are in college.
Take a resiliency screening and learn what affects your grades and how to become more joyful through nutrition, exercise and meditation. Get advice from a life coach. Workshops throughout the day. Stress reduction through Nutrition and Bach Flower Remedies. Workshops locations are TBA. Breezeway10:10a-1:30p / Evening 4:30-6:00p - table near D-102*
- **November 3rd – Anger: Friend or Foe**
Breezeway10:10a-1:30p / Evening 4:30-6:00p. - table near D-102
- **November 10th – Diabetes: Don't Sugar Coat It!**
Breezeway10:10a-1:30p
- **November 17th – Love Is Louder!**
Breezeway10:10a-1:30p. / Evening 4:30-6:00p- table near D-102
- **November 19th – Great American Smokeout: When It's OK to Be a Quitter!**
Breezeway10:10a-1:30p / Evening 4:30-6:00p - table near D-102
- **December 1st – Conquering Your Finals**
Breezeway10:10a-1:30p. / Evening 4:30-6:00p - table near D-102
- **December 3rd - World AIDS Day: HIV, HPV and other STD's.**
Breezeway10:10-1:30p

G R O U P S

Women's Support Group

Wednesdays, 11:30a-12:30p / Women's Center, Room M-382 / Starts **September 30th**

A supportive group for female students aimed at providing embers the opportunity to share their thoughts and feelings in order to explore ways to resolve issues and concerns.

ESL Conversation Group

Wednesdays 11:30-a12:30p / Room L-807B / Starts **September 30th**

This group will help you become more comfortable speaking English by giving you the opportunity to practice your skills. Games and other activities will be used and you will have the opportunity to bring your own questions and concerns.

ESL College Transitions Group

Mondays 11:30a-12:30p / Room L-807B / Starts **September 21st**

Are you new to Kingsborough? The ESL College Transitions group will enable you to meet other students and obtain information while coming together to discuss academic, social and personal concerns.

Building Confidence in Class Presentations Group

Mondays 3-4p / Room L-807B / Starts **September 21st**

- ◇ Does the idea of speaking in front of a group make you nervous?
- ◇ Do you have concerns about how you are coming across to others in your presentations?
- ◇ Do you have an interest in learning about how to prepare for your presentations?

If you answered yes to one or more of these questions, this group may be for you. This group will offer an informal and supportive environment in which your concerns about presentations can be discussed. You will learn relaxation techniques and have the opportunity to practice in small groups.

For more details about these groups, please call 718-368-5975.

ADDRESS & OFFICE HOURS

COUNSELING SERVICES

(a program of Counseling & Health Services)

Room D.102

Tel: 718.368.5975

Fax: 718.368.5057

[www.kbcc.cuny.edu/Counseling Services/](http://www.kbcc.cuny.edu/Counseling%20Services/)

Visit our website to access past issues of the newsletter.

OFFICE HOURS

S T A F F

Dasha Gorinshteyn, Director of Counseling & Health Services

Counseling Services

Dasha Gorinshteyn, LCSW, Director

Jeanette Cruz, LCSW

Counselor & Faculty and Staff Campus Outreach Coordinator

Karen Seales, LCSW

Counselor & ESL Support Services and ESL Peer Mentorship Program Coordinator

Part Time

David Castro, LCSW

Marilyn Chernin, LPP

Joanna Cortes-Agnello, LMHC

Mark Hollander, PhD

Yelena Repka, LCSW

Rosa Tovar, LMSW

Orsolya Varkonyi, PhD

Margarita Vodopyanov, LMSW

Administrative

Kathleen Pacilio, CUNY Office Assistant

Nezarat Gllloxhani, College Assistant

Elda Qaniu College Assistant

Lubjana Rusi, College Assistant

Graduate Interns

Sara Aigen

Shilpa Chotai

Winston Ho-sue

Ruslan Ivanov

Gerald Maitre

Steven Mermelstein

Apollonia Wenting Kang

Student Wellness Center

Ilona Fridson, LCSW, Counselor & Student Wellness Center Coordinator

Maribel Mendoza, Health Educator

Women's Center

Frances Robinson, LMSW, Program Manager

Health Services

Dorothy Gale, RN, College Nurse

Robin Nelson, Administrative Assistant

RESOURCES

ON CAMPUS RESOURCES

Public Safety-Room L-202 / 718-368-5069 & 718-368-7777

Office of the VP of Student Affairs-Room A-216 / 718-368-5563

KCC Assessment & Care Team (ACT) - www.kbcc.cuny.edu/act

Student Wellness Center-Room A-108 E & F / 718-368-5975

Access-Ability Services-Room D-205 / 718-368-5175

Health Services-Room A-108 / 718-368-5684

Women's Center-Room M-382 / 718-368-4700

Men's Resource Center-Room U-218 / 718-368-5864

OFF CAMPUS RESOURCES

Healthy CUNY (www.cuny.edu)

LifeNet-crisis hotline (www.800lifenet.org)

Safe Horizons - domestic violence resource (www.safehorizone.org)

New York State Smokers' Quitline (www.nysmokefree.com)

Suicide Prevention Resource Center (www.ulifeline.org)

Go Ask Alice (www.goaskalice.com)

Anxiety Disorders Association of America (www.adaa.org)

American Psychological Association (www.apa.org)

American Psychiatric Association (www.psych.org)

National Institute of Mental Health (www.nimh.nih.gov)

National Mental Health Association (www.nmha.org)

S.A.F.E. Alternatives (www.selfinjury.com)

Substance Abuse & Mental Health Services (www.mentalhealth.samhsa.gov)

NYS Office of Alcohol and Substance Abuse Services (www.oasas.ny.gov)

National Eating Disorder Association (www.nationaleatingdisorders.org)

The Jed Foundation (www.jedfoundation.org)

WE LISTEN.