

DISCUSSION & PROCESSING SPACES FOR DREAMER STUDENTS



First Thursday of each month, 3pm – 4:15pm

Join other Dreamer college students on Zoom to talk about your thoughts, emotions, worries, and hopes for the future! Hear from counselors and mental health professionals about healthy and productive coping mechanisms! Take part in virtual relaxation activities! Build community!



Registration link: www.bit.ly/3zyfqkN

Fall '21 & Spring '22 topics

Sept. 2: *“Life after lock-down: How are you ‘returning’?”*

Oct. 7: *“Succeeding in College: Difficulties, Wins, and Sources of Strength?”*

Nov. 4: *“Trail-blazing: Being the First in your Family to...”*

Dec. 2: *“Adjusting to a college Culture: What’s New, Different, or Weird?”*

Feb. 3: *“Dating While Undocumented: Loving Yourself, Others, and Relationships”*

March 3: *“Processing Grief, Trauma, and Loss: What works and What Doesn’t?”*

April 7: *“Mixed-status Families: What’s the Impact, How Does It Feel?”*

May 5: *“Following and Dealing with News (that Impact You)”*

For questions or to become involved, please contact:

Karla,
khorgana@msudenver.edu

Amelia,
Amelia.castaneda@colostate.edu

Andrea,
Andrea.kossik@ccd.edu

Gregor,
gmieder@msudenver.edu

