

# Counseling Association


Western Illinois University - Quad Cities  
3300 River Drive  
Moline, IL 61265

## Meeting Minutes

August 21st, 2019

### Topics discussed

1. **New Board:** New year brings new faces! I am returning as your secretary so if you need to get ahold of me for anything my email is [l-huizar@wiu.edu](mailto:l-huizar@wiu.edu). Please welcome our new President for the year, Ashley Dodson! Her email is [am-dodson@wiu.edu](mailto:am-dodson@wiu.edu). Our new Vice President is Ted Vogel. His email is [te-vogel-wilson@wiu.edu](mailto:te-vogel-wilson@wiu.edu). Taalor Werden has stepped down to be our relations representative and her email is [tr-werden@wiu.edu](mailto:tr-werden@wiu.edu). And finally, our Treasurer is Alisha Welvaert and her email is [a-welvaert@wiu.edu](mailto:a-welvaert@wiu.edu). If you need anything throughout the year or have any questions please feel free to get in touch with any of us.
2. **NAMI WALK:** This walk is an event that occurs yearly and Western would like to get as much support as possible to represent. For those who are not familiar with this walk, NAMI stands for National Alliance on Mental Illness and it is a walk to raise awareness for mental illness. The event is scheduled for Saturday, September 21st at Veterans Memorial Park in Bettendorf, IA. Check-in is at 8AM and the walk begins at 9AM. Registration is free and it is free to walk but once you make your profile you are encouraged to raise any amount of money to donate. Wear purple Western gear to show your support! Here is the website to familiarize yourself more: <https://www.nami.org>.
3. **October Community Project:** Each October the Counseling Association plans a community project to gather resources and donate to local shelters. Last year we planned a hygiene drive and proceeds went to Humility of Mary shelter. We have some ideas tentatively planned of what to gather and which shelter to donate but if you have any suggestions please feel free to let us know! You can email me at [l-huizar@wiu.edu](mailto:l-huizar@wiu.edu).

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4. **November workshop:** As counselors we are always looking to further our education in a variety of areas. The Counseling Association is planning a night of development for everyone to attend and learn about an area in the work field. Some ideas include career development, art therapy, music therapy, mindfulness training, etc. If you have an area you feel everyone would benefit to learn about please let us know!
  5. **Manage your stress week:** This event typically occurs the week before finals and is filled with different events to reduce the stressors of finals. We will keep you posted with upcoming ideas and more information.

## Upcoming Events

1. NAMI Walk, Saturday, September 21st, 2019 at Veterans Memorial Park in Bettendorf, IA.

## Future Meeting Dates:

- September 18th
- October 16th
- November 13th
- December 11th

***All meetings start at 6:30 and take place in room 2406***