

# Counseling Association

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



*COUNSELING ASSOCIATION*

## Meeting Minutes

**September 18th, 2019**

### Topics discussed

1. **NAMI WALK:** This **Saturday, September 21st!** The walk will take place at Veterans Memorial Park in Bettendorf, IA. **Check-in** is at **8AM** with Paul Rich and the walk **begins at 9:30AM**. When you arrive we are meeting as one team so that everyone can walk together. You can email Ashley at [am-dodson@wiu.edu](mailto:am-dodson@wiu.edu) to acquire her number and text her when you are checked in. Wear purple and gold Western gear to show your support but in the meantime....KEEP RAISING FUNDS!!
2. **October Community Project:** This project we have decided to partner with Family Resources-Safe Path program. I will attach a link to the website so that you can familiarize yourself with what types of services are provided. The event will take place beginning October 1st and will go all month long of October. Items that may be donated include *GENTLY* used or new clothes, toiletries, baby items, winter gear, house items, and non-perishable food items. I will send out a separate email letting you know where to place your donated items. Here is the link to check out Family Resources-Survivor services <http://www.famres.org/services/survivor-services>
3. **November workshop:** This informational night of learning will take place November 18th, 2019 from 5-8PM. Specifics of what kind of professionals will be in attendance and the itinerary for the night is TBD. Please be on the lookout!
4. **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 more information.



## Upcoming Events

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

## Future Meeting Dates:

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

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