

Counseling Quick Points

We've got news for you!"

OUR STAFF IS COMPLETE!



Welcome our newest counselor **Dr. Linda Longley**. Dr. Longley spent the past eighteen years as a counselor and pioneer in the Pender County school system. Prior to working in the school system, she was a substance abuse counselor at UNCW and Coastal Horizons and had her own private practice. Dr. Longley feels blessed to be working with CFCC after having been an intern here five years ago.



Welcome our new counseling Secretary, **Kelly Nash**. Before joining us at CFCC. Ms. Nash worked for fifteen years in a medical office environment. Ready for the fresh experience of helping students vs. patients, she finds it fulfilling and challenging to serve our students and support office staff in their endeavors.

GRIEF KEYS:

Each person handles loss and grief differently. If you are having trouble finding the way to deal with your grief seek additional help in Counseling Services. A-220 Wilmington Campus / NA-100 North Campus.



What Is My Loss? How did he/she die? Who told me? What questions do I have about the death?

1. Find someone who can answer your questions.
2. Find someone you can talk to about your loss. Tell your story over and over again.



What was my relationship to him/her? What do I miss the most or the least? What do I want to remember or forget?

1. Look at pictures, films, and video tapes. Talk about it. Do it over and over again.
2. Recall the special person with stories and memories.



What changes have I experienced since the death? How have I changed? How has my family/friendships changed? How has school changed?

1. Return to routine as soon as possible.
2. Keep the changes to a minimum.
3. Identify and talk about changes.



How do I feel about the loss? How do I express these feelings? What feelings are troublesome? How can I express my feelings in a healthy way?

1. Express your feelings by thinking, writing, drawing, listening to music, and through physical exercise.
2. Tell someone you trust how you feel.



Who does/does not give me help? What kind of help do I need? Where can I get help?

1. Identify different people who can give you different kinds of support.
2. Ask for help from those you trust. Seek out others who have had similar loss.



Stress Buster!

Watch for the next instance in which you find yourself becoming annoyed or angry at something trivial. Then **practice letting go**, making a conscious choice not to become angry or upset. Do not allow yourself to waste thought and energy where it isn't deserved. Effective anger management is a tried-and-true stress reducer.

It is not too early to begin thinking about Summer and Fall advising. The Schedule of Classes will be posted online March 30, 2009.

COUNSELING HOURS

WILMINGTON CAMPUS HOURS 8 AM - 6 PM MONDAY - THURSDAY
 GALEHOUSE BLDG A-220 8 AM - 5 PM FRIDAYS

NORTH CAMPUS HOURS 8 AM - 6 PM TUES. - THURS.
 MCKEITHAN CENTER NA-100 8 AM - 5 PM MON & FRIDAY