



February 2010

LPC Panel Discussion

We are proud to announce that COPE will be hosting an LPC panel discussion. This will include licensed professional counselors as well as those in the process of accruing their hours.

This is the perfect opportunity to hear about the journey these individuals have experienced as well as to get answers to questions you may have.

Panel members:

Current LPCs:

Mark Beck, LPC

Tiffany Harris, LPC

Norma White, LPC

In Residency:

Katie DeCusatis, M.Ed

Tara McCartney-Nunley,

M.Ed

Some topics to be discussed include the LPC exam, how to accrue hours, continuing education, and the benefits of being licensed.

Please join us on **Friday, February 19 at 7:00 p.m. at Brewer Hall** (downstairs)

This event is **FREE!**

Please contact Thom Field with any questions: field_t@students.lynchburg.edu

We hope to see everyone there for this rare and special opportunity!



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Silver for St. Lucia

As many know, last semester, COPE began raising money for St. Lucia to aid in recovery efforts of an area hospital that was lost in a devastating fire. Through donations by students and faculty, over \$250 was raised. COPE has decided to match that amount

and over \$500 will be donated to this cause. We would like to thank all who participated and donated their time and spare change to make this worthwhile event a success.



Events to look forward to during Spring 2010

*"Don't spend your precious time asking "Why isn't the world a better place?" It will only be time wasted. The question to ask is "How can I make it better?" To that there is an answer."
~ Leo Buscaglia*

- Snow tubing at Liberty University
- The second annual faculty vs. student bowling tournament
- Hooding Ceremony
- End of the year BBQ
- Mental Health America Walk

Comments and suggestions about these proposed events are encouraged! lccope@gmail.com
Information on dates and time about these events will be announced at a later date.

Take time to laugh today!

Laughter is the best medicine, right? Life has its ups and downs and it sometimes can be difficult to see the positive side. Along with humor being uplifting for your mood, it can also be beneficial to your health. Taking time out to laugh at a funny joke or to do something silly may decrease stress and improve your day. So, have you laughed today?

Physical Health Benefits:

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental Health Benefits:

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

Social Benefits:

- Strengthens relationships
- Attracts others to us
- Helps defuse conflict
- Promotes group bonding

Source: http://www.helpguide.org/life/humor_laughter_health.htm#authors



There are two cowboys in the kitchen. Which one is the real cowboy?
The one on the range.

Why did the stoplight turn red?

Wouldn't you if you had to change in the middle of the street?

A duck walks into a drugstore and asks for a tube of Chap Stick. The cashier says to the duck, "That'll be \$1.49."

The duck replies "Put it on my bill!"

What did the grape do when it got stepped on?

It let out a little wine!



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