

ELECTION SUPPORT

Events:

Colin Powell School for Civic and Global Leadership Events

- **November 10th: [America at a Crossroads: A Post-Election Discussion](#)**
Join us for an important conversation about the implications of the elections for governing, public policy and our democracy
- **November 17th: [Democracy and Elections in the United States](#)**
This panel events examines the outcome of the November 2020 US presidential and Congressional elections. Who won and lost, and why? What are the implications for human rights and social justice? What do the results portend for democracy in the US and worldwide? How will they impact efforts to dismantle systemic racism, protect immigrants and forced migrants, achieve gender equality, roll back climate change, and other pressing contemporary challenges?

Support Services:

- **CCNY Counseling Center**
The Counseling Center is open and providing remote clinical services, via online platforms and phone, to actively enrolled CCNY students. Services provided include screening and assessment, crisis intervention, individual short-term counseling, group counseling, referral and case management, and workshops. If you are a CCNY student and would like to connect with a counselor, you can do so by emailing counseling@ccny.cuny.edu or call the office's main number (212) 650-8222. For more information, please visit: <https://www.ccnycuny.edu/counseling>
- **CCNY Gender Resources**
Gender Resources provides confidential crisis support, supportive counseling and resources to CCNY students who identify as part of the LGBTQIA+ community and survivors of sexual assault, intimate partner violence, stalking, dating and interpersonal violence. Contact Gender Resources at genderresources@ccny.cuny.edu or (212) 650-8222.
- **Peer Navigation at CCNY**
This is a peer support system, a group of trained Psychology graduate students, who are on hand to talk through your unique set of issues and come up with a self-care plan that fits you. Peer support is a free and confidential stress management tool that offers 45 minute virtual individual and group meetings for students. You can sign up to participate in peer mentoring [here](#), or you can email peernavigationccny@gmail.com.
- **The Balm**
The City College of New York's home for reducing risks related to drug and alcohol use, we provide students with access to peer support, self-care resources, and assessments. Find out more information [here](#).

- **CUNY 10 Minute Mind**

Mindfulness has been scientifically proven to reduce stress, increase focus, and support feelings of wellbeing. Each day, you will be emailed a short, guided mindfulness track every morning. All you need to do is take 10 minutes to sit somewhere quiet, put your headphones on, and listen. Find out more information [here](#).

- **The Office of Diversity and Compliance**

City College is a diverse learning community dedicated to promoting a culture of respect. Acts of discrimination, harassment or exclusion run counter to our institutional values and contrary to CUNY Policy. If you have experienced discrimination or sexual misconduct, we encourage you to contact the Chief Diversity Officer/Title IX Coordinator, Diana Cuzzo, at dcuzzo@ccny.cuny.edu or (212) 650-7330. If you have experienced sexual or gender-based violence and would like to speak with someone confidentially please contact the Psychological Counselor/Confidential Advocate, Sophie English, LCSW at senglish@ccny.cuny.edu or (212) 650-8905.