As we usher in a new year, it is also a time for reflection on the past. Since the attacks in Paris and San Bernardino, California, hate crimes against Muslims and mosques across the United States have increased dramatically. These attacks have spurred anti-Muslim and anti-immigrant attitudes, with some people stereotyping all Muslims as terrorists. Given these experiences, familiar wounds regarding race and religion in this country are being revisited. In this age of social media, it can be difficult to find a safe place to have your voice listened to and understood.

The Counseling Center is committed to offering a safe place for all students who want to share their feelings and reactions to the attacks that have happened in the U.S. Here is a list of resources that also could help you deal with your feelings and reactions.

◊ Get information about what really happened nationally instead of from social media. Check out these websites:


◊ Explore your reactions, assumptions, and discuss your perspective with someone you trust.

◊ Reach out to someone from a culturally different community, and ask about his or her thoughts.

◊ Contact the Diversity Outreach Team (765-285-1736), invite us to give a talk, or ask us about our related programs that you can join.

◊ Attend Kaleidoscope Outreach Group: 5:00–6:00 PM, every Monday, beginning Monday, January 25, 2016, in the Multicultural Center.

◊ Attend meetings of various campus diversity organizations and sponsored events. Attend special events and presentations for Unity Week and Martin Luther King, Jr. Day.

The Counseling Center staff is committed to listening to your concerns and worries as well as facilitating dialogues and promoting diversity awareness on campus. Please call 765-285-1736 or stop by Lucina 320 for further information.

## YOU MIGHT WANT TO KNOW

### RELAXATION & RESOURCE ROOM

The Counseling Center’s Resource & Relaxation Room provides a variety of materials to students, faculty & staff. There is a **FREE** massage chair, light therapy box & relaxation CD’s & DVD’s. Drop by Lucina Hall, Room 310-C Monday-Friday 8am-5pm. No appointment needed. [Free of charge](#).

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**U got a ? — Y not ask Charlie**

Visit the Counseling Center website at: [www.bsu.edu/counselingcenter](http://www.bsu.edu/counselingcenter)

Click on **Concerned Charlie**. Login using your BSU ID & password. Submit your question online. Answers appear in 7-14 days.

“Like” us on Facebook at [http://www.facebook.com/BSUCounselingCenter](http://www.facebook.com/BSUCounselingCenter)