Clark College announces
Mental Health Monday sessions

Clark College’s Mental Health Mondays series will return in 2011 for the winter quarter, offering insights and opinions on a number of social issues.

Mental Health Monday discussions will be every Monday, starting Jan. 10, 2011, noon-1 p.m., in the Penguin Student Lounge, located in the college’s Penguin Union Building on the main campus, 1933 Fort Vancouver Way, Vancouver. The series will continue each Monday through March 7, except for Jan. 17 and Feb. 22 when the college observes federal holidays.

The Mental Health Monday sessions are sponsored by the Clark College Counseling Center. The winter quarter “Warning Sign” sessions and the discussion of suicide prevention are co-sponsored by the college’s Behavioral Intervention Team. Those sessions may be extended for an additional hour based on the issues discussed.

The following schedule is for the winter 2011 Mental Health Monday sessions:

- **Jan. 10**: Warning Signs: Alcohol/Drug Abuse, presented by licensed mental health counselor Stephanie Spak.
- **Jan. 24**: Suicide Prevention, presented by a Veterans Administration Medical Center representative.
- **Jan. 31**: Asperger’s and Autism, presented by Michael Brooks, Ph.D.
- **Feb. 7**: The Therapist’s Role in Gender Transition, presented by licensed marriage and family therapist Reid Vanderburgh.
- **Feb. 14**: Cultural Differences and Mental Health, presented by Christine Lau from the Asian Health and Service Center.
- **Feb. 28**: Warning Signs of Threatening Behavior, presented by Cpl. Duane Boynton of the Vancouver Police Department.
- **March 7**: Group Therapy in Daily Life, presented by Nan Narhoe, Master of Social Work degree.

Running Start information sessions to be held in January

High school sophomores and juniors can learn about taking the next step in their education by attending one of two Running Start Information Night sessions offered in January at Clark College.

The two sessions will be held Wed., Jan. 12 and Wed., Jan. 19, 7-8 p.m., in the Clark College gymnasium in the O’Connell Sports Center. The O’Connell Sports Center is located on the southwest corner of Clark’s main campus, 1933 Fort Vancouver Way, Vancouver. Parking will be available in the college’s red lots on the east side of Fort Vancouver Way and in the purple lot on the west side of Fort Vancouver Way.

These sessions are the kick-off sessions for high school sophomores and juniors, as well as their parents, who want to know more about the Running Start Program. This annual event frequently attracts hundreds of interested students and parents to the college, which is why two identical sessions are held.

Running Start allows eligible juniors and seniors to take classes to earn college credit while they are still fulfilling their high school graduation requirements. Students pay for books, transportation and some fees.

Students will be able to sign up online for the Running Start test for fall 2011 in mid-January at www.clark.edu/runningstart. For more information on the Running Start Program, visit the above Web site. For more information on the Running Start Information Nights, call (360) 992-2366.