

JUMP INTO MARCH

With updates from CMHS!

- MARCH 2026 NEWSLETTER -

[WCUPA.EDU/CMHS](https://wcupa.edu/cmhs)



610-436-2510
CMHS@WCUPA.EDU

WHO WE ARE

Community Mental Health Services (CMHS) at West Chester University is a community mental health clinic located on WCU's campus. Learn more about our services and offerings below!

ANNOUNCEMENT

CMHS is excited to be offering a FREE and VIRTUAL "Healing Racial Trauma" support group. Registration ends March 20th and the group begins March 27th. To learn more, reach out to CMHS@wcupa.edu or call us at 610-436-2510

ARTICLE SPOTLIGHT

Do you ever feel overwhelmed by the chaos and rushing of life? You're not alone. Life can be pretty hectic sometimes! Taking the time to slow down, practice patience, and be mindful can help lessen the burden. Check out this hand-picked article by our office manager Amanda, on the virtue of patience!

<https://www.psychologytoday.com/us/blog/meditation-for-modern-life/202403/patience-is-a-virtue>



WELCOME NEW STUDENT CLINICIANS!



Welcome our new cohort of student clinicians who started in January! We now have even more friendly faces ready to serve you!

CLINICIAN CORNER

Join Shayna and Vanessa as they guide you through a brief PMR exercise!

<https://www.facebook.com/share/v/1AdJZ268De/>



MENTAL HEALTH TIP!

A quick reminder from Amanda that some good things take time!

Rushing things can often cause more overwhelm and stress! It's okay to slow down and pause in the process!



STAFF SPOTLIGHT



Meet Shayna:

Shayna is a second-year clinician in the PsyD program currently on the trauma specialization track. She earned her Bachelors degree in Psychology with a minor in Family Studies from Towson University. Shayna's primary clinical interests are in individuals who have experienced trauma and learning to build resilience from their experiences. She places emphasis on a holistic approach by not looking only at symptoms, but other factors such as culture, family dynamics, and financial obligations.

GET CONNECTED



**Community Mental Health Services
at West Chester University**



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