

# September Newsletter



September 2025

Chi Sigma Iota ♦ Phi Alpha

## What is Chi Sigma Iota (CSI)?

CSI is an international honor society that works to promote academic and professional excellence. Wake Forest University's chapter is the Phi Alpha chapter which values counseling goals such as advocacy, professional development, and networking opportunities. Together we want to work together to positively contribute towards a more adaptive society through wellness and human connection. This chapter is ultimately what we collectively choose to make; we want to hear from **YOU** with your input on wants, needs, and hopes for/from this group. Additionally, **please reach out** to us at any time if you have an event that you would be interested in:

<https://forms.gle/zH3xJa5JZoadp86WA>

This monthly newsletter will serve as a means for updates, new knowledge, counseling entertainment, and connection.

We hope that this school year is off to a good start and wish you the best with your experience this semester!



**CONGRATS to the new CSI members welcomed in our August initiation!!! Membership in the Society will have a unique and special meaning to each of you. The common meaning, however, is the same amongst all of us: to dedicate ourselves to continued excellence in both scholarship and counseling practice. We welcome you on this journey with us!**

*-Exec Team*

# Meet the Team



**Dr. Moore**  
Chapter Advisor

I'm from High Rock Lake, Denton, NC and pursued the CMHC but also school licensure eligible. As chapter Co-Advisor, I assist with administration including determining eligibility of potential members, invite to join, collect bios from those that complete membership, process financial expenses and income, order merchandise and support the Executive committee. I love to read, hike, swim in the lake and play tennis. I have run a marathon and am training to be a yoga instructor. I have 3 children- Lilley 24yo and graduate student at Auburn University, Rose 15 and sophomore in high school, and Henry 11yo 6th grader. My husband, Marc and I have been married for 28 years. I am the 2nd oldest of 8 children and grew up in Bath, NC.



**Dr. Farrel**  
Chapter Advisor

Dr. Farrel completed her PhD at the University of Tennessee, Knoxville in Counselor Education. Her clinical experience includes community counseling with bi/multilingual Latinx children and families, domestic violence and sexual assault survivors, and career counseling.



**Anyé Stewart**  
President

Hi, my name is Anyè, I am from Columbia, South Carolina, and I am president of our CSI chapter! I am on the Clinical Mental Health Counseling tract. My interest areas within the field include multicultural/advocacy issues and I am interested in working with justice-involved populations. In my free time I enjoy cooking, listening to music, fitness, and spending time with family/friends.



COUNSELING HONOR  
SOCIETY



## Giana Perez-Cruz

Vice President

I'm from Santo Domingo, Dominican Republic and I'm on the clinical mental health track. My clinical interest areas include Latinx/Bilingual populations, geriatric populations, multicultural counseling, advocacy, and social justice. In my free time, I enjoy going to art museums, doing arts and crafts, and volunteering with local community organizations.



## Veda Yaguda

Social Chair

My name is Veda Yaguda and I am a proud Californian from Paso Robles. I am on the Clinical Counseling track within the Counseling Masters, with specific interests to work with younger adults in transitional phases in their life. I also would like to hopefully work with previously incarcerated or justice involved individuals in my career. In my free time, you can catch me at Cobblestone Farmers market, Hot Yoga, or any Wake sponsored event with free stuff! A fun fact about myself is that I am a double deacon, I graduated from Wake Forest undergrad in 2024!



## Austin Burrum

Secretary

I'm Austin Burrum and I'm originally from Holly, Michigan. My chosen track is Clinical Mental Health Counseling and I'm interested in working with children, adolescents, and family systems as well as systemic advocacy. I am the secretary for CSI which entails keeping meeting minutes and preparing the annual report and plan for the Headquarters office with Dr. Farrell. My free time is spent with my rescue pup, Winston. We love hiking all around Winston-Salem and going to Tucker's Tapyard!



## Mary Knapp

Treasurer

Mary Monterrojas Knapp is from Nicaragua. She is completing the online Master's in counseling with a Clinical Mental Health concentration. Mary's preferred counseling theories are Person-centered and Gestalt, as well as mindfulness. Her population of choice is geriatric and Hispanic, where she can use her bilingual skills. She is also in the process of getting certified to teach mindfulness in a college setting. In her spare time, Mary likes to cook, hang out at the beach, and spend time with her husband and two dogs.

# Upcoming Opportunities

Join Chi Sigma Iota and the Graduate School of Arts and Sciences to fund raise with us!



**HEY!**

**Hit the Bricks!**

Join us!!

Hit the Bricks is a campus-wide philanthropic event that aims to raise awareness and funds for the Brian Piccolo Cancer Research Fund. Teams of students, faculty, staff, and alumni compete to raise the most money and complete the most laps around the quad! Virtual participation and donation are open too!

**Thursday Sept. 25th 11 am to 7pm**



Scan QR code or follow the link to Donate/Sign Up!

details found here:  
<https://hitthebricks.wfu.edu/teams/chi-sigma-iota-counseling/>



## La Mesita Webinar:

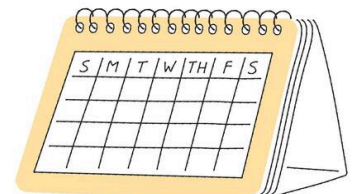
CAMINO Considering the context of Immigration related Trauma & Grief

<https://us02web.zoom.us/join/register/LHfrsW10SnOwWk53nBBc5A#/registration>



## Links!

University Event Calendar: <https://events.wfu.edu/>  
The Link Events Calendar: <https://thelink.wfu.edu/events>





# Hispanic Heritage Month

Hispanic Heritage Month is a month-long celebration of Hispanic and Latinx history and culture from September 15 to October 15, that is intrinsically linked to the independence anniversaries of several Latin American nations. During this time, we give extra recognition to the many contributions made to the history and culture of the United States, including important advocacy work, vibrant art, and traditional foods. Latin Americans have been transforming their communities as activists, writers, scientists, entertainers, athletes, military veterans, entrepreneurs, and more (National Museum of the American Latino).

## Counseling Latinx Populations Resources

- [National Latino Behavioral Health Association](#)
- [Latinx Therapy](#) Therapist Nationwide Database
- [National Alliance for Hispanic Health](#)
- [El Futuro NC](#)
- [Latinx Therapist Action Network](#)
- [List of local Latinx bilingual providers in the Triad](#)

This celebration has become a vital opportunity to dispel ignorance, prejudice and fear through education about multiculturalism and the history of the countless contributions of Latinx communities (Human Rights Campaign).

## Community Events

- [Hispanic League Fiesta Festival](#): September 20th in Downtown Winston

Fiesta is a vibrant, one-day festival in Downtown Winston-Salem that kicks off Hispanic Heritage Month. Now a beloved tradition in the Triad, this FREE event celebrates culture, music, food, and family fun. There are various volunteer opportunities to assist with the event if interested:

<https://signup.com/client/invitation2/secure/991698026094/false#/invitation>

- [Bailey Park Latin Fest](#): October 4th from 5-10pm

Music, dance, performances, and food trucks to celebrate Latinx culture!

SEPT 5	First Friday 12 PM - 2 PM Benson 346
SEPT 15	Latinx Heritage Month Kickoff 5 PM - 7 PM Manchester Plaza
OCT 5	Pulga Trip 9 AM Benson 346
OCT 16	World Cultural Festival 4:30 PM Davis Field

