



INTERESTED IN WELLNESS COUNSELING?

WHAT IS COUNSELING?

- A safe, confidential space for you to talk about your life, thoughts, and feelings
- A space to learn new ways of managing stress
- A space that is just for you and tailored to what you need
- A space that is judgement-free!

WHAT SERVICES DO WE OFFER?

- Individual Counseling: meeting one-on-one with a counselor every week
- Group Counseling: we offer peer support and community building groups for freshmen

WHY GO TO COUNSELING?

You might benefit from counseling if you're experiencing:

- Stress & Trauma
 - Anxiety
 - Depression
 - Social isolation
 - Trouble focusing or getting/staying motivated
 - Trouble with sleep
 - Trouble in friendships, other relationships
 - Questions about identity
 - Questions about your goals/future
 - Challenges with body image
- And a lot more!

HOW TO REQUEST COUNSELING

- Talk to Ms. Prak
- Talk to Ms. Buckner
- Text Wellness Director, Ms. Daniela: (510) 269-2147