



Join ASAP Counseling for a 2-part Group Counseling Zoom Event: *Coping with Covid*

Part One: Oct 26 | 4pm

We will discuss the effects that COVID-19 is having on all of our lives. We'll talk about strategies for coping with this difficult time and come up with new ideas together for managing stress.

Part Two: Nov 2 | 4pm

We will continue to discuss COVID-related stress and think about other coping strategies, relying on mindfulness and physical health.



[Join Zoom Meeting](#)

The **Center for Academic Support and Professionalism (ASAP)** has instituted a new program, offering students an opportunity to engage and participate in professional counseling. The counseling program was developed to achieve the goals established by the Center for ASAP by providing a clinical approach to assist students in fulfilling their academic and personal goals. The counseling program will endeavor to provide **emotional** and **mental health support** to all students in both individual and group settings. All conversations are clinical and confidential.

