



# COUNSELING

*Feeling stressed or anxious?  
We're here for you!*

**Individual Counseling**

**Monday-Friday  
10am-4pm**

**Group Counseling  
(Virtual)**

*We'll discuss how to manage  
the stress of our daily lives.*

**Mondays - 12pm**

**Join Us!**

 **For an appointment, email:**

**[ASAPcounseling@mildred-elley.edu](mailto:ASAPcounseling@mildred-elley.edu)**

 **Join Zoom Meeting**

**Meeting ID: 712 662 4440  
Password: 913098**

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.