

HOW CAN WE HELP?



Counseling Services



ACADEMIC COUNSELING

[course selection, goal setting, progress monitoring, study skills & time management strategies]



PERSONAL AND EMOTIONAL SUPPORT

[discuss concerns & challenges confidentially, develop skills & strategies to improve well-being]



INDIVIDUAL AND GROUP COUNSELING

[targeted toward specific, emerging issues & concerns]



CONFLICT RESOLUTION

[mediating conflicts, teaching conflict resolution skills to help students navigate conflict independently]



CAREER COUNSELING

[help students explore strengths, interests, & aspirations]



POST-SECONDARY GUIDANCE

[inform students about college and other post-secondary paths, assist with the college application process]



CRISIS INTERVENTION

[provide immediate support and counseling to ensure student safety & well-being, refer to community resources]



PARENT SUPPORT

[collaborate with parents to address concerns & provide resources]

Contact your campus
school counselor &
school-based therapist