



# PERSONAL COUNSELING

## FREE *confidential brief* Therapy for Students

Personal Counseling provides a safe, confidential environment to learn more about yourself and manage your concerns better.

Improved emotional health

Relief from distressing symptoms

Acquisition of new approaches to problem solving and decision making

More satisfying interpersonal relationships

Increased insight and understanding of thoughts, feelings, and behaviors

Sessions offered both virtually and in-person



For more information, visit  
[bit.ly/skytherapy](https://bit.ly/skytherapy)

### APPOINTMENTS

(650) 738-4270

[elliott@smccd.edu](mailto:elliott@smccd.edu)

**MONDAYS** | 8:30 A.M. - 4:30 P.M.

**TUESDAYS** | 8:30 A.M. - 4:30 P.M.

**WEDNESDAYS** | 8:30 A.M. - 4:30 P.M.

**THURSDAYS** | 8:30 A.M. - 4:30 P.M.

**FRIDAYS** | 8:30 A.M. - 12:30 P.M.

### DROP-IN

**MONDAYS - THURSDAYS**

12 P.M. - 1 P.M.

**FRIDAYS**

Contact the Health Center for drop-in availability. The Health Center is located at Building 19, Room 110.