Taking Time for You
COUNSELING INFO SESSION
A Special “Just Jobs Outlet” Opportunity

Making sure your mental health is keeping pace with all of today’s life/education/work challenges means TAKING TIME FOR YOU! What does that mean? It means that in addition to eating right and keeping physically fit, you dedicate time to talk with a mental health professional and share personal highs, lows and future plans.

Carey Schiller, ACC’s contracted counselor from Northern Therapeutic Center, will lead the Taking Time for You COUNSELING INFO SESSION and discuss why mental health maintenance is high-value for college students. Amanda Sumerix, ACC’s Strengthening Institutions Program Grant Director, will be on hand to offer background about the special goals for this unique student service.

Thursday, April 15, 2021
2:00pm – 3:15pm
Oscoda Room 213
Alpena (VCS) Room TBD
RSVP by calling 358-7295 or email whatnext@alpenacc.edu

Presented by: Carey Schiller, LMSW
Northern Therapeutic Center