


Join Counseling Services for

9/28 - 11/20

Zoom Group Therapy

<p>Mondays 3-4pm</p>	<p><i>"BETTER TOGETHER"</i> Marisa Schuster, LPC & Claire Kirsch, B.A</p> <p>This group focuses on strength and resiliency of living and attending college during the COVID pandemic</p>	<p>Tuesdays 10-11am</p>	<p><i>"Ask the Counselor"</i> Marisa Schuster, LPC & Brenda Mullen, LPC</p> <p>Just drop in during this group to ask any mental health question, for you or for a friend! </p>
<p>Wednesdays 11am -12</p>	<p><i>"Stress Less"</i> Marisa Schuster, LPC, Brenda Mullen, LPC, Claire Kirsch, B.A</p> <p>This group focuses on anxiety, test anxiety, healthy coping, positive self-talk and stress management</p>	<p>Thursdays 3-4pm</p>	<p><i>"Stinkin' Thinkin'"</i> Brenda Mullen, LPC & Claire Kirsch, B.A</p> <p>This group focuses on ways to stop irrational beliefs and thoughts, relaxation tips and discussing the mind/body connection</p>
<p>Fridays 3-4pm</p>	<p><i>"Ask the Counselor"</i> Marisa Schuster, LPC & Brenda Mullen, LPC</p> <p>Just drop in during this group to ask any mental health question, for you or for a friend! Send an email and we'll answer your question!</p>		

To Attend: Open Zoom app, Click JOIN MTG, and enter code 343 893 9621

For info: mschuster@mtaloy.edu or (814) 886-6336