

COUNSELING SERVICES

Supporting Harper College Promise Scholars



Need help managing your well-being?

Could you use emotional support?

Is the transition from high school to college life causing stress?

Counseling Services is offering drop-in support for Promise Scholars during Fall 2022.

- Find support
- Get to know the counselors
- Discover resources to help you
- Interact with your peers
- Develop new friendships
- Learn ways to make good decisions for your well-being

Discuss the pressures and stress of maintaining various life roles with an experienced counselor in a safe, confidential environment.

DATES

September 13, September 27

October 11, October 25

November 15, November 29

December 6

TIMES

2–3 p.m.

LOCATION

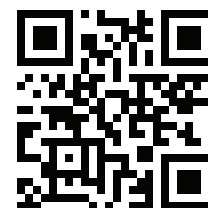
Counseling Services
Building I, Room I-117

CALL

847.925.6393

**we're here
for you**

Counseling Services



**Free to Harper College Promise Scholars. No registration required.
Please drop in on the dates and time listed.**