

LET'S TALK!

WHAT

**SPEAK WITH A THERAPIST FROM THE
HEALTH AND WELLNESS CENTER TO:**

- **Discuss a specific problem**
- **Learn about counseling**
- **Learn how to help a friend**
- **Get the perspective of a
clinician about a concern**

WHEN

TUESDAYS: 1:00PM-2:00PM

WHERE

C.A.R.E Center (Mohr Student Center)

**Sponsored by:
Health and Wellness Center &
C.A.R.E.**

**A FREE, DROP-IN
CONFIDENTIAL
SPACE FOR
STUDENTS TO
CHAT!**

**NO
APPOINTMENT
NECESSARY**

**FIRST-COME,
FIRST-SERVED**

FYI:

**Let's Talk is not
formal counseling.**



**LAKE FOREST
COLLEGE**