

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 & WHERE

Monday: 4-5PM (Office of Intercultural Relations-OIR)

Tuesday: 3-4PM (Sports & Recreation Center Rm 12)

Thursday: 2-3PM (Academic Success - Hotchkiss Rm 002)

Friday: 1-2PM (Office of Intercultural Relations-OIR)

**Sponsored by:
Health and Wellness Center,
Athletics &
Office of Intercultural Relations**

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

**NO
APPOINTMENT
NECESSARY**

**FIRST-COME,
FIRST-SERVED**

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



**LAKE FOREST
COLLEGE**