

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:

Wednesday: 1-2PM (Mohr Student Center, Pierson Room A)

Thursday: 4-5PM (virtual):

<https://doxy.me/lfchealthandwellness>

**Sponsored by:
Health and Wellness Center**

**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**