

Coping During Covid: Drop-in Wellness Support Groups Fall 2020

Join us for drop-in virtual group counseling throughout the Fall semester.
All groups meet online through Zoom.

Group Counseling

Join us for a group processing time to talk with other students, share concerns, and talk about how to get in a healthy mental space.

Mondays, 1:00-2:00 pm

Register here: <https://tinyurl.com/y39e4ln6>

Wednesdays, 11:30am-12:30pm

To Register: Enter Zoom Mtg. 956 2625 8357

Stress Management and Self Care Group - Practice Mindfulness and breathing techniques at this end of the week wind-down.

Fridays, 9:30-10:30am

Register here: <https://tinyurl.com/y6d45ped>

Drop-In Individual Counseling

Drop in for confidential, individual counseling to get support and find out how to get additional resources for coping during this time. (Sessions will be one student at a time, 15 minutes each).

Tuesdays, 2:00-3:00 p.m.

Register here: <https://tinyurl.com/y3cutnno>

Questions? Email Counselor Christie Harrington at charrington@dvc.edu for more info!

DVC is here for you!

We also offer FREE short-term therapy remotely for registered students through our Wellness Program. Visit <https://www.dvc.edu/basic-needs/health.html> to learn about Wellness and other free mental health resources for our students!