

Wellness Counseling Center

# TIME TO GIVE YOURSELF SOME TIME!!

Contact for appointments

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[/book-consultation](#)

Do you experience  
any of these?

You are overwhelmed  
Disproportionate rage  
Extreme panic  
Anxiety  
Loss of interest  
Hopelessness  
Social withdrawal

ALL YOU NEED IS **1** SESSION TO  
HANDLE YOUR EMOTIONAL  
DISTRESS BETTER.

SINGLE SESSION THERAPY CAN  
HELP YOU DEAL WITH YOUR  
EMOTIONAL UPS AND DOWNS.



SCAN ME