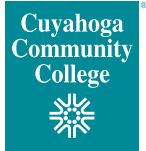


Counselor Awareness Month *events*



Kickoff Event

April 4 • 11:30 a.m. – 1:00 p.m.

Metro Counseling Center • MSS 1st floor

Come join us at the Metro Counseling Center on the first floor of the Student Services building for popcorn, candy and fun! Come learn more about who you are and what we do! Discover resources to help you dodge potholes on your road to success.

Health and Wellness Presentation and Yoga Demonstration

April 5 • 1:05 – 2:30 p.m. • MSS 208

Learn how to maintain a healthy work life balance. A yoga demonstration will also be provided. Healthy snacks and lots of information will be available.

Substance Abuse and Dependence: Warning Signs and What to Look Out For

April 12 • 2:30 – 3:30 p.m. • MTLC 157

Join us for this informative workshop on the warning signs of substance abuse and dependence.

African-American Women and Mental Health Panel Discussion

April 20 • Noon – 2:30 p.m. • MCC Lounge

Attend this informative panel discussion featuring African-American female counselors from the Metropolitan, Eastern and Western campuses.

Managing and Reducing Stress

April 25 • Noon – 1:00 p.m. • MSS 208

Join Dr. Michael Pavlak as he discusses strategies for managing and reducing stress at school and at home.

“We care about you!”

