

SAN DIEGO MIRAMAR COLLEGE  
MENTAL HEALTH COUNSELING



Spring 2023 February 10 – May 26 No Drop-in 2/17, 3/10 or 3/31  
Fridays 11:00am-12:00pm

Location: Register via Zoom <http://bit.ly/3WHA0Kd>

Miramar's Mental Health Team is now offering one weekly virtual Drop-in Hour. This time is an opportunity for currently enrolled students to engage one-on-one with a Miramar Mental Health Counselor for a brief consultation. Students can get information about Mental Health services, tips for stress management, and information about resources. This is an educational opportunity and primarily for drop-in support.

Drop-in consultations are not a substitution for formal therapy or emergency/crisis services.

