

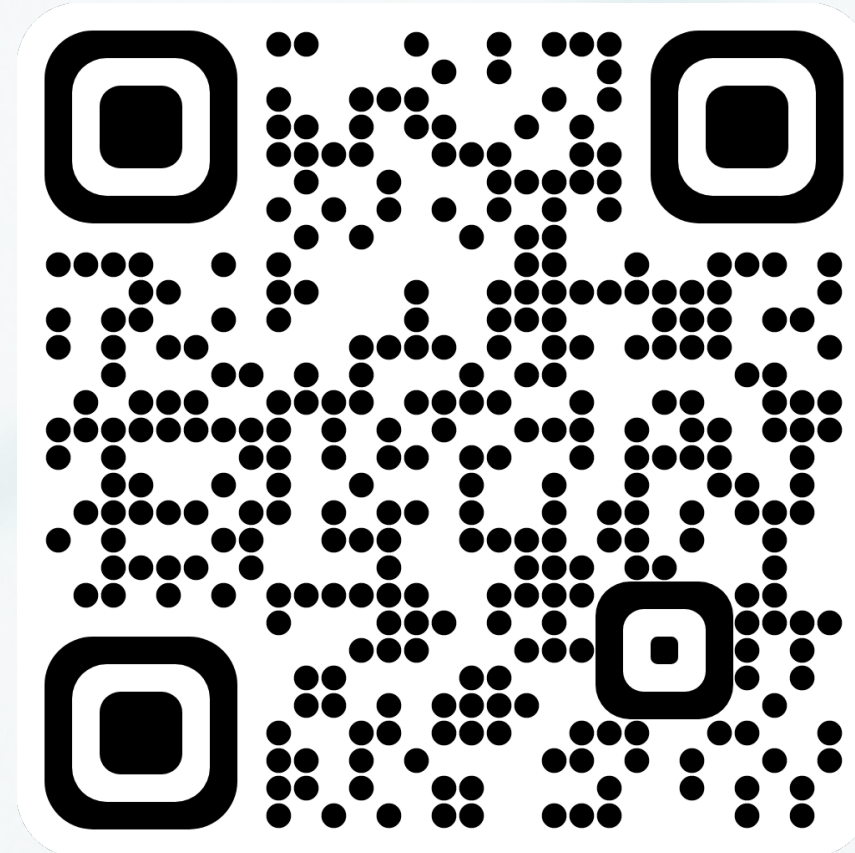


# DROP-IN HOUR

**Meet one-on-one with a Miramar Mental Health counselor in-person for a brief consultation on tips for stress management and information on resources.**

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

@sdmiramarmhc



**THURSDAYS**  
**12:30PM - 1:30PM**  
**IN-PERSON**  
**SCAN QR FOR LOCATION**

**SAN DIEGO MIRAMAR COLLEGE**  
MENTAL HEALTH COUNSELING