

Welcome Back Students!

INDIVIDUALS WHO COME FOR COUNSELING ARE OFTEN CONCERNED WITH:

- * The transition to college and/or starting a new chapter in life
- * The transition to moving to Chicago
- * Having difficulty handling your academic responsibilities
- * Having difficulty keeping up with the work and/or procrastination
- * Having difficulty relating to others, including friends and family
- * Experiencing negative consequences from alcohol or drug use
- * Problems with eating, weight or physical fitness
- * Concerns with appearance or self-esteem
- * Friends and family have commented that you do not seem like yourself
- * Relationships and family issues

HOW DO I MAKE AN APPOINTMENT?

Appointments are conveniently located on campus on the fourth floor, office 410.

Typically students first come for a FREE, initial consultation to determine their needs. Each visit thereafter costs \$25/session, with reduction on an as needed, individual basis.

For more information or to set up an appointment; please call: 312.697.8003
or email: counseling@harringtoncollege.com

As you begin this new fall semester at HCD, we want to let you know about available counseling services. The Counseling Center provides one-on-one counseling, workshops, programs, and events for the HCD community, as well as other resources and referrals.

Harrington College of Design supports its students in finding effective ways to manage the stresses and pressures of life, and so HCD has partnered with The Chicago School of Professional Psychology to provide on-campus, low-cost counseling services to its students.

HOW CAN COUNSELING HELP ME?

Individual counseling allows students to talk about what's on their minds with an objective, nonjudgemental person who can help them to develop new coping skills and new perspectives on their concerns. Counseling can be helpful not just for people who struggle significantly on a daily basis or have many concerns and issues, but also for those who believe they are not achieving their full potential or who may need a little extra support, even for a brief period.

WHO ARE THE COUNSELORS?

Counselors are highly trained, advanced doctoral students at The Chicago School of Professional Psychology. They each have a master's degree and are highly skilled in issues HCD students typically face. Services are completely confidential, as counselors are not affiliated with HCD faculty or staff.



Deanna Dwenger, M.A.



Tracy Olson, M.A.



Liz Hamilton, M.A.