

CASUAL CONVO HOUR

WITH COUNSELING SERVICES

**NOT INTERESTED IN
COUNSELING, BUT STILL WANT
TO CHAT ABOUT LIFE?**



HI, I'M ELIZABETH!
I'M A MASTER OF
SOCIAL WORK (MSW)
STUDENT.

**I'M HERE TO SUPPORT YOU IN
ANY WAY I CAN, INCLUDING:**

REMOTE LEARNING STRESS
COMMUNICATION
EVERYDAY STRESSORS
COPING SKILLS

GOAL SETTING
VENTING ABOUT SCHOOL
FINDING A BALANCE
TIME MANAGEMENT

**STARTING 11/11, EVERY
WEDNESDAY (10 AM) & THURSDAY
(3 PM) UNTIL END OF FALL
SEMESTER, CONTACT ME @
MCILWAINER@SUNYBROOME.EDU
WITH ANY QUESTIONS**

**ZOOM ID: 957 3619 7588
PASSCODE: 253149**