

COUNSELING CORNER 2025

FEBRUARY

Events:

Wednesdays 11-12
Science Building
Room 105
Wellness
Wednesday
Interactive
Workshops

Check out the
Counseling Services
Zen Room
Sign it Out when
you need a break

Science Building
Room 102

CONTACT US

+1 607-778-5210

<https://www2.sunybroome.edu/counseling/>

Science Building Room 102

Monday- Friday 8am-4:30pm

Wellness Tip:

Create a routine right from the start. This includes, studying, work, family and friends, and self-care. Create balance from the beginning of the semester and re-evaluate this routine every 5 weeks! Check to see what's working and what is not