



CONFIDENTIAL, PROFESSIONAL, ACCESSIBLE

Taft College’s counseling services incorporates a brief therapeutic model using a multi-modal approach directed at helping students succeed in the college environment. If there is a need for specialized or long-term services, the counseling center will assist in making off campus referrals to the appropriate professionals.

HEALTH AND WELLNESS TOPICS

- | | |
|-----------------|-----------------|
| Stress | Past Trauma |
| Anxiety | Major/Career |
| Depression | Self-Esteem |
| Relationships | Body Image |
| Alcohol/Drugs | Grades |
| Family Concerns | Grief |
| Gender Identity | Sexual Identity |

Get informed.	Get screened.	Get help.



Wellness Counseling Services at Taft College

Location:
Veterans Center
(next to the
cafeteria) ** ask for a
personal counseling
appt in the student
services building or
stop in the veterans
center and ask for
Isaias Hernandez

Hours:
Spring 2019
Tuesday &
Wednesday
8:00 a.m. – 5:00 p.m.
Services Free of
Charge for all
Enrolled Taft
College Students

WHAT’S INCLUDED?

Personal Brief Counseling
Crisis Intervention
Referral Resources
*Services available in English
and Spanish*
For more information
contact Taft College
Counseling Services
(661) 763-7748