DEPARTMENT OF COUNSELING

WHAT’S ON YOUR MIND?

Future/career  Anxiety/Fears
Relationships  Social pressure
Eating concerns  Family concerns
Academic stress  Life/work balance
Depression  Physical health
Financial challenges  Dependency

Talking helps...

Join this weekly group for a safe and supportive place to create dialog among students about what’s on your mind.

Day: Thursdays, Time: 1:30pm – 2:30pm  
Room: L 68.27 NB

Contact: Rachel Shanken, LMHC  
rshanken@jjay.cuny.edu  
646-557-4808  
Department of Counseling,  
524 West 59th Street, L68.00 NB