FREE PERSONAL COUNSELING SERVICES

NORTHERN ARIZONA UNIVERSITY - YUMA

SERVICE: Free Confidential Counseling for children, adolescents, adults, and families.

PROVIDED BY: NAU's Master's-level Counseling students, under the direct supervision by AZ-licensed professional counselors or social workers.

WHERE: Northern Arizona University Practicum Lab, located at the NAU & Arizona Western College campus. (AC 256, Call 317-6432).

CONCERNS: adjustment concerns, parenting, behavioral problems, anxiety, mild depression, stress management, grief/loss, career focusing, coping skills, & more. Crises and severe clinical situations will be referred to other agencies.

WHEN: Up to ten, 60-minute sessions per person or family are offered at no charge, from late September through early December.

TIMES: Mon., Wed. & Thursday nights, 1 session per week, at 5:30, 6:30 or 7:30. Bilingual Counseling available on Thursday nights.

CONTACT: For more information, or to arrange an appointment, please call 317.6450 (English and Spanish calls will be taken from September 6th through December 3rd, from 8:30-5:00, M-F). Call for appointments soon (last year, we had a waiting list).