

The Counseling Center

HOURS:

Monday - Friday
8:00 am - 5:00 pm
(except University holidays)

Extended hours available by appointment only from 5:00 pm to 6:00pm on Mondays and Tuesdays

SERVICES:

- Personal Counseling
- Psychiatric Services
- Outreach and Consultation
- Center for Addiction and Substance Abuse

USF is an equal opportunity/equal access institution.

For reasonable accommodations for a disability, please contact us a minimum of five (5) working days in advance:

- Susan Crane 974-9316
- Florida Dual Party Relay System:
1-800-955-8770 voice
1-800-955-8771 TDD

Voces (Voices): A Support and Resource Group for Latina Students



Could you benefit from having a safe, confidential place to gain perspective and obtain support and resources for personal, social, academic, career, and other life concerns?

Then, this 7-week, semi-structured group for Latina students is for you! The group is designed to opportunities to share information and discuss relevant concerns of Latina students including:

- Strategies for emotional health
- Lifestyle choices for wellness
- Academic and career success
- Establishing positive relationships for social support
- Balancing roles

Space available for up to 10 motivated Latinas!
Registration and commitment to weekly attendance is required.
Let your voice be heard!

**Mondays, October 3- November 14, 2011
3:00-4:30 p.m.**

SVC 2124 (Counseling Center)

**Facilitated by Lisa Costas, Ph.D.
Call to Register: (813) 974-1361**

COUNSELING CENTER

813-974-2831 - SVC 2124

usf.edu/counsel



STUDENT AFFAIRS
UNIVERSITY OF SOUTH FLORIDA