## WE'RE HERE TO **SUPPORT YOU!**

Cuyamaca College offers free Mental Health Counseling for Cuyamaca College students. Mental Health Counseling is located in the Health & Wellness Center, I-134 (First floor of the Student Center).





**Taylor Valdivia, LMFT** Cuyamaca Mental Health Counselor

Fall Semester 2024 Hours



Jina Chavarro, LCSW

Cuyamaca Mental Health Counselor

To schedule an appointment with one of our Mental Health Counselors, please complete this form using the QR code below



https://bit.ly/4fUZL3V

Monday: 8:00 am to 3:00 pm Tuesday: 8:00 to 10:00 am, 1:00 to 5:00 pm Wednesday: 8:00 to 10:00 am, 1:00 to 5:00 pm Thursday: 9:00 am to 4:00 pm Friday: 9:00 am to 3:00 pm

> For more information, please contact the Health & Wellness Center at (619) 660-4200.

