

WELL-BEING & HEALTH Promotion

ONE-ON-ONE RECOVERY COACHING

This service is to support students dealing with a substance or behavioral dependency. The one-on-one meeting is a safe place to share thoughts and feelings free of judgement.

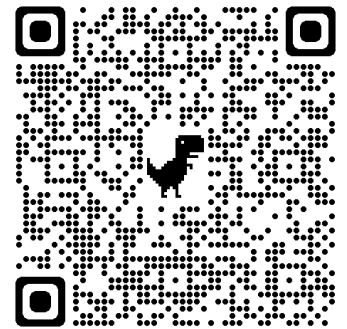


Support for:

- Alcohol and drug use
- Nicotine products and vaping
- Disordered eating and food
- Gambling or spending
- PTSD or emotional trauma




And more!

**Request an
appointment
with this form:**



In this 30 to 45 minute session, the recovery specialist will help you set goals and strategize practical skills to achieve them.

Contact Us:

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