



Counseling Services

Tuesday Lunch and Learn (nourishment for the body and the mind)

Take control of your life!

Join us for a series of workshops designed to provide tools to help you take control of life with all its ups and downs.

Tuesday, September 17th (West Windsor Campus)
Managing That Darn Stress

Tuesday, October 1st (James Kerney Campus)
Working Through Loss

Tuesday, October 15th (West Windsor Campus)
***Raising Mental Health Awareness
YOU Can Make a Difference***

Tuesday, October 29th (James Kerney Campus)
Healthy Relationships Look Like This

Tuesday, November 12th (West Windsor Campus)
Substances: You're in Control...Until You're Not!



The Details:

- All workshops start at noon and end at 1
- Workshops on the West Windsor Campus will be in room AD 131
- Workshops on the James Kerney campus will be in room 334
- A light lunch will be provided. Please RSVP to gasparrd@mccc.edu to reserve a seat

This series is open to students, faculty and staff and is brought to you by Counseling Services.

Dorothy Gasparro 609.570.3354 (SC 239 or KC 218)

Mrs. Martha Gunning 609.570.3563 (SC 221)

Anthony Romano 609. 570.3321 (SC 236)