

UMU FALL 2019 COUNSELING SERVICES PROGRAMS



MINDFULNESS GROUP

**September 12th, 19th, & 26th
Located in HPCC**

RELATIONSHIP WORKSHOP

**October 24th & 31st
November 7th & 14th
Located in HPCC**

WALK-IN HOURS

**Tuesdays & Thursdays
Starting September 3rd
Located in Student Affairs**

INDIVIDUAL COUNSELING

**Located at Alliance
Community Hospital
Call 330-823-2886 to
schedule an appointment**