

# HAVE A TEEN HEADING OFF TO COLLEGE?

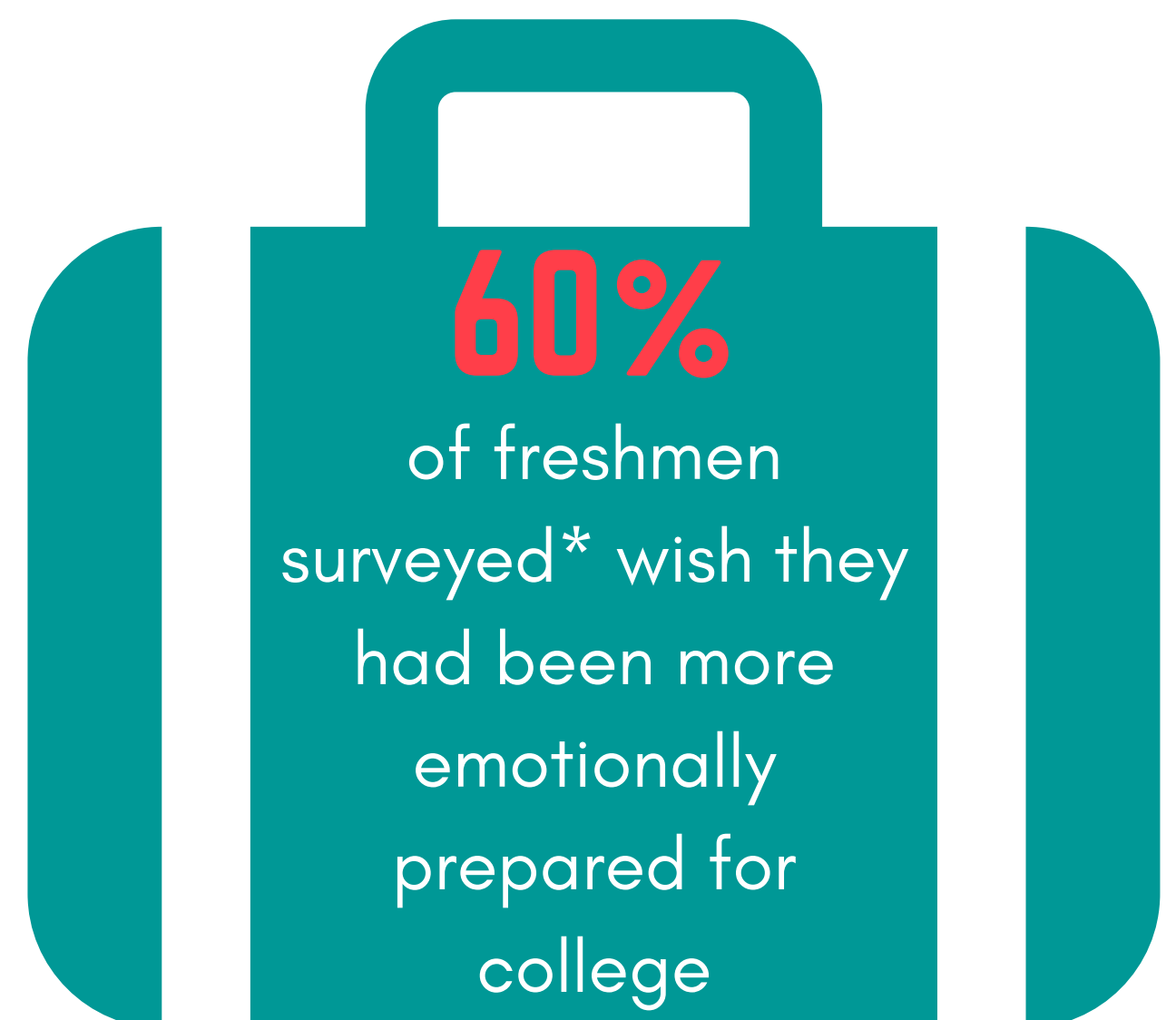


You will soon be the proud parent of a college freshman. Feeling anxious? You're probably busy getting all of the practical matters sorted, but what about emotional preparation? Research\* has shown **36% of freshmen do not feel in control of managing day-to-day stresses**, which contributes to rising numbers of college students dropping out.

A larger focus on emotional preparation **before** college has been recommended for preventing these issues. At the Community Counseling Center we teach evidence-based skills for living that can be put to use right away. Our **4-session program this July** will include:

- how to balance academics with a healthy social life
- how to communicate for a good relationship with your roommate
- what to do when you are struggling or feeling overwhelmed
- when, how & who to reach out to when away from family supports

*If you are interested in learning more, contact Christine Hidalgo Danberg at [thecircle.lmccc@gmail.com](mailto:thecircle.lmccc@gmail.com) or 914-698-7549.*



\* From The JED foundation

Your child will get tools designed to help them cope with this big transition from our professional staff who have coached many students through this transition at the CCC and in college settings. We know what works.

