



WE'RE HERE TO HELP

Resources
Individual Counseling
Group Support
Outreach

WE OFFER A WIDE RANGE OF SERVICES

Ranging from individual counseling to support groups to resource linkage. The best part is that all of it is entirely FREE!

♥ PRESENTATIONS & WORKSHOPS

College Wrap offers presentations and workshops focused on teaching you new ways to adapt, engage and thrive.

+ POSITIVE COPING SKILLS GROUP

College Wrap offers a weekly drop-in group that helps you cope when hit with life's little challenges.

★ SPECIALIZED GROUP SESSIONS

College Wrap offers multiple small 6-week groups with specific topics to help you overcome and succeed.

*Please note that ALL services are currently being offered through Zoom