

ABOUT THE COLLEGE

College of the Canyons is a public California community college fully accredited and dedicated to quality education.

Located in the Santa Clarita Community College District, College of the Canyons serves the area of north Los Angeles County between the San Fernando and Antelope Valleys.

College of the Canyons offers college and university transfer programs in many diverse fields, Associate in Arts and Associate of Science Degrees in beginning and advanced careers, and many occupational certificate programs leading to technical vocational competence.

The Office of Community Extension provides a variety of courses that help students acquire a commitment to life-long learning by offering opportunities for continuing education.

ACCURACY STATEMENT:

The Santa Clarita Community College District and College of the Canyons have made every reasonable effort to determine that everything stated in this brochure is accurate. Courses and programs offered, together with other matters contained herein, are subject to change without notice by the administration, of the District or the College for reasons related to student enrollment, level of financial support, or for any other reason, at the discretion of the District and the College. The District and the College further reserve the right to add to, amend, or repeal any of their rules, regulations, policies and procedures, consistent with applicable laws.



COLLEGE OF THE CANYONS

26455 Rockwell Canyon Road
Santa Clarita, CA 91355
(661) 362-3259

<http://www.canyons.edu>

CANYON COUNTRY CAMPUS

Info: (661) 362-3812

COLLEGE OF THE CANYONS
26455 Rockwell Canyon Road Santa
Clarita, CA 91355



Personal Counseling



*Talk to someone
who can help...*

COLLEGE OF THE CANYONS Student Health & Wellness Center

26455 Rockwell Canyon Road
Santa Clarita, CA 91355
(661) 362-3259

CANYON COUNTRY CAMPUS

Info: (661) 362-3812

OVERVIEW:

Counseling at C.O.C.

Personal counseling is available to all College of the Canyons students through the Student Health & Wellness Center. Short-term individual or group counseling, education and prevention programs, and community referrals are offered.

We are committed to promoting mental health to help students achieve academic and personal success.

All services are completely confidential, with limited legal exceptions.

WHO ARE WE?

Our mental health counseling staff is composed of licensed counselors and supervised interns who are experienced in supporting individuals through a wide range of emotional challenges, mental health concerns, and crises. The goal of our therapists is to enhance a student's sense of well being and emotional readiness for academic success.

INDIVIDUAL COUNSELING

The Santa Clarita Community College District offers personal counseling services for students on a strictly voluntary basis. Participation in the process is the sole responsibility of the student.

GROUP COUNSELING

Groups are formed based on student interest. Please call the Student Health & Wellness Center at extension 3259 to let us know your needs.

YOUR RESPONSIBILITIES

1. **Keep or cancel your counseling appointments.** Should you find you are unable to keep an appointment, please call at least one day in advance to cancel. This gives your counselor the opportunity to meet with another student.
2. **Be prompt.** If you are going to be late, please call to notify us so that the time will be kept open for you. If you are more than 10 minutes late without notification, our time may no longer be available.
3. **Be an active participant.** Take an active part in deciding how you want to use the time. Give feedback to your counselor. Be honest with yourself and your counselor. Remember, you need to make the most of the limited number of sessions available to you.
4. **Give us your views on our services.** Let us know how well we met your needs. You may be asked to fill out evaluation forms at various times. We appreciate your cooperation in helping us evaluate and improve our services.

APPOINTMENTS & INFORMATION

The Student Health & Wellness Center is open when classes are in session and closed during holiday breaks. To make an appointment or to get more information about our counseling services, please contact us at the Student Health & Wellness Center at (661) 362-3259. For information at the Canyon Country Campus call (661) 362-3812.

ARE YOU STRUGGLING WITH?

Mental health therapists at College of the Canyons offer support to students who are experiencing difficulties and challenges such as:

- Suicidal thoughts or self-harm
- Depression
- Anxiety/Stress/Panic Attacks
- Cultural and/or identity issues
- Challenges with relationships
- Anger management/Rage
- Sexual assault and/or physical assault
- Gender and sexuality concerns
- Low self esteem
- Eating/body image concerns
- Difficulties concentrating/completing tasks
- Grief and bereavement
- Sudden life events
- Traumatic life experiences

If you have any of these concerns or would like general professional assistance, please call for an appointment.

If you are experiencing a psychiatric emergency, go to the nearest hospital emergency room or call 9-1-1 and request an immediate evaluation by a psychiatric assessment team.

NON-DISCRIMINATION POLICY:

The Santa Clarita Community College District subscribes and promotes the principles and implementation of Equal Opportunity and Affirmative Action. Pursuant to the provisions of Assembly Bill 803, the District's Board of Trustees has adopted a policy and procedure to ensure that its pro-grams and activities are available to all persons without regard to ethnic group identification, religion, age, sex, color, physical or mental disability. Both the policy and the procedure apply to students, employees and applicants.

If you wish additional information on this policy and procedure, please contact:

District Affirmative Action Officer