START HERE GO ANYWHERE

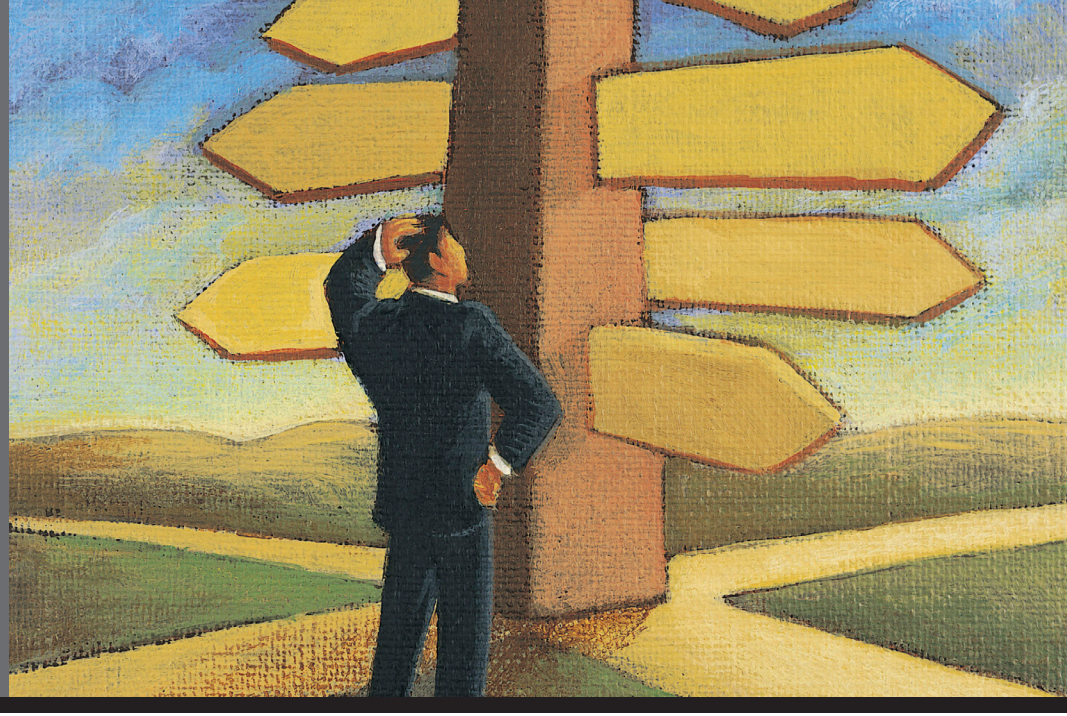
GROW HERE • STUDY HERE • IMPROVE HERE • LEARN HERE • TRAIN HERE

HOUSTON COMMUNITY COLLEGE

6815 Rustic St, Houston, TX 77087
713-718-7000
www.hccs.edu

STAY CONNECTED

HCCSE HCC_SE HCCTV



Department Of Counseling

HOUSTON COMMUNITY COLLEGE

Counseling Services at Houston Community College (HCC) Contributing to Your Success

HCC Counselors are licensed professional counselors , psychologists, marriage & family therapists, and clinical social workers who are dedicated to aiding students in the completion of their educational, career and personal goals. Appointments are available by request. Contact one of our counselors for an appointment.

Possible reasons to seek counseling services:

- Career assessment, planning, and exploration (for all students, especially undecided students)
- Student success workshops (e.g., time management, goal-setting, on-line resources, etc.)
- Personal counseling
- SLIP sessions for students on suspension and probation
- Strategies for managing stress and anxiety (including test anxiety)
- Crisis intervention
- ADA services to include reasonable accommodations
- Alcohol and other drugs issues
- Sexual and domestic violence issues
- Community resource information

For an appointment, call:
713.718.7144
http://learning.hccs.edu/subjects/counseling/counselors-1

Lead Counselor
Roman Alvarez, EdD, LPC-S, LMFT
roman.alvarez@hccs.edu

ADA Counselor
E. J. Sit, EdD, LPC-S
estelle.sit@hccs.edu

Counselor
Cynthia Castellanos, MS, LPC
c.castellanos1@hccs.edu

Some of the services we can provide are as follows:

- Successful Learning Intervention Program (SLIP) Sessions
- Ability Support Services (ADA Services)
- Personal Counseling
- Career Counseling
- Assistance with Life Issues and Transitions
- Reducing Unhealthy Coping Skills and Developing Healthy Coping Skills
- Workshops on:
  - Stress Management, Anger Management, and Time Management
  - Improving Concentration, Motivation, Information Processing, and Study Skills
  - Improving Communication and Relationships
  - Test Anxiety Reduction
- Crisis Counseling
- Alcohol and Other Drugs Counseling
- Sexual and Domestic Violence Prevention