

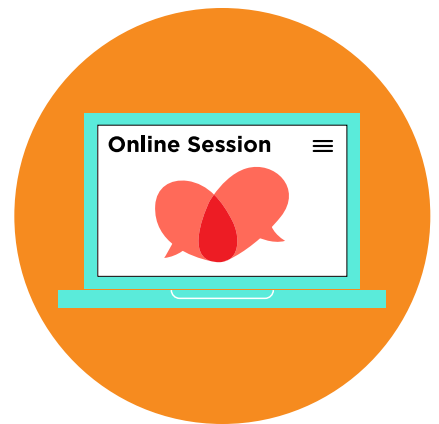


Fleming College offers short-term, solution oriented counselling focusing on issues related to personal wellness, disability/accessibility and academic concerns.

Personal Wellness Counselling

Coping with College life in addition to dealing with personal circumstances can be stressful. You can talk to a counsellor about any issue which is interfering with your academic success e.g. personal loss, depression, conflict resolution, sexual identity issues, balancing school and home, relationships, etc.

Individual Counselling is available via phone or WebEx.
Contact CAES@flemingcollege.ca to get started



Groups and Workshops

Groups and Workshops are offered at various times throughout the semester. Some past topics include Resilience, Anxiety, Coping with Stress and Mindfulness Watch Fleming Social Media for dates and times.

Accessible Education Services

The college is committed to providing equal access, to services, facilities and educational programs to persons with disabilities. If you have a visible or invisible disability, and require individualized accommodation or supports, contact a College counsellor.

Contact CAES@flemingcollege.ca to get started



Coach

Counselling, Health Services and Athletics and Recreation have teamed up to bring you a communication series called Coach. Coach is here to help you maintain connections, and a greater understanding of wellness while studying remotely.

To access Coach log on to flemingcollege.ca/personal-wellness-supports and scroll down to the bottom of the page