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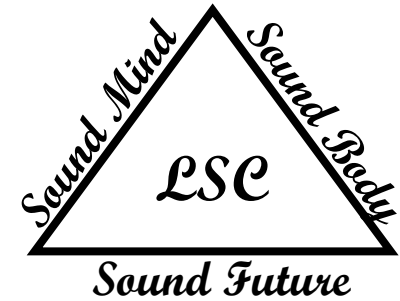
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**Los Angeles Harbor College
Life Skills Center
1111 Figueroa Place
Wilmington, CA 90744**

NEED HELP?

Life Skills Center



Los Angeles Harbor College

1111 Figueroa Place

Wilmington, CA 90744

WHAT IS THE LIFE SKILLS CENTER?

The Life Skills Center (LSC) is LAHC's mental health service site on campus. The mission of the LSC is to provide psychological counseling and related services to LAHC students.

Our goal is to enable LAHC students to meet the personal, familial, and environmental challenges and pressures which can interfere with the ability to succeed academically and personally.

Learning to master these challenges will enhance a student's psychological, interpersonal, educational, and career development while at LAHC and long after leaving the college.

WHAT FREE SERVICES DOES THE LSC OFFER TO THE COLLEGE COMMUNITY?

- Crisis Intervention and Referral
- Information & Community Referrals
- Individual and Group Counseling
- Career Guidance
- Psycho-Educational & Support Groups
- Student Success Workshops
- Learning Disability Assessment, Referral, and Support
- Consultation with Faculty

HOW IS THE LSC STAFFED?

The LSC is staffed by a licensed clinical psychologist and advanced graduate student interns from masters and doctoral level psychology programs in Los Angeles.

Strict adherence to the ethical standards of the American Psychological Association (APA) and the California State Board of Psychology are maintained. The staff is highly qualified and well-prepared to address the vast array of concerns facing L.A. Harbor College students.

WHY SHOULD STUDENTS TALK TO A STRANGER ABOUT THEIR PROBLEMS?

Some people have family and friends they trust and feel comfortable talking to. However, some of the people closest to them have neither the training nor the objectivity to truly have their best interests at heart.

The highly skilled and trained LSC counselors can offer a fresh perspective and some proven tips for assisting LAHC students in achieving their academic and personal dreams.

WHAT KIND OF PROBLEMS DO STUDENTS BRING TO THE LSC?

Problems related to academic concerns like test-anxiety, procrastination, motivation; difficulty in managing feelings, such as depression, anxiety, anger, hopelessness or low self-esteem.

Students also bring concerns about relationships with family members, girl or boyfriends, marital partners, friends, school mates or faculty; behaviors of concern like eating habits, drug or alcohol use/abuse.

Treatment and services responding to: suicide, sexual assault, domestic violence, and community violence are offered.

CONFIDENTIALITY

It is essential that students feel free to talk openly about any concerns they may have. To encourage frank discussions, all communications are confidential as specified by the state laws regulating the practice of psychology.

WHAT ARE THE HOURS OF OPERATION?

Appointments with the LSC staff can be made any time between the hours of 8:00 am-8:00 pm Monday through Thursday; and 8:00 am-2:00pm Friday and Saturday.

Walk-In Hours - No Appointment Necessary
(Café 110, the Health Center):

- Monday and Friday: 10:00 am-12:00 pm
- Tuesday, Wednesday, and Thursday: 10:00 am-3:00 pm

Crisis Intervention Services are available any-time during office hours. After hours call 911.

Call to schedule a Non-Emergency Appointment: **(310) 233-4586** A staff member will return the call within 48 hours.

- Workshops, Appointments, Support Groups, and Administration are located in the SPS Annex Building adjacent to Café 108

Life Skills Center Administrative Staff

Dr. Bonnie Burstein, Clinical Director (310) 233-4586

Dr. Deborah Tull, Administrative Director (310) 233-4621