Let’s Talk! Drop-In Counseling at César Chávez

Concerned about a friend? Feeling anxious or down? Questions about counseling? Not able to get to the Tang Center?

Counseling and Psychological Services staff are available at César Chávez. Counselors have expertise and competency in working with underrepresented students on campus. There are two ways to access care at Chávez:

**DROP-IN FOR A CONSULTATION**
Let’s Talk! drop-in hours are brief, free, and informal consultations with a UHS counselor.

**CALL TO MAKE AN APPOINTMENT**
Call (510) 643-5738 to make an appointment with one of the counselors listed below.

For support when the César Chávez satellite office is closed, call CPS at (510) 642-9494.

**DROP-IN HOURS**
For last minute scheduling changes, please visit uhs.berkeley.edu/satellite/chavez.

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**COUNSELORS**
Regular hours include drop-in hours and time for scheduled counseling appointments.

- **Elizabeth Aranda, Ph.D.**
  - REGULAR HOURS: Thurs, 10:15am-1pm
  - Students of color
  - LGBTQ
  - First generation students

- **Stephanie Carrera, M.S.**
  - bicultural, multicultural, and intersecting identity (ies)
  - Family of origin issues
  - Perfectionism
  - Adjustment/transitions

- **Claytie Davis III, Ph.D.**
  - REGULAR HOURS: Thurs, 1-3pm
  - African American Student Development
  - EOP
  - Sage Scholars Program
  - Black Recruitment and Retention Program

- **Yi Du, Ph.D.**
  - Multicultural counseling
  - Adjustment issues
  - Identity development

- **Cynthia Medina, Ph.D.**
  - Coping with microaggressions/ microassimilation
  - Underrepresented students
  - Student athletes of color

- **Veronica Orozco, Ph.D.**
  - REGULAR HOURS: Mon, Tue, 8-11am
  - Students of color
  - LGBTQ
  - Polyamory
  - Intersex
  - UHS Transgender Care Team

- **Sam Tourek, Ph.D.**
  - REGULAR HOURS: Fri, 1-5pm
  - Student athletes
  - Men’s issues
  - Cal Band

- **Karen Tsai, MSW**
  - REGULAR HOURS: Fri, 8-11am
  - Multicultural and social justice-oriented counseling
  - Transition and adjustment
  - Mind-body-spirit wellness

_Drop-in hours are brief, free, and informal consultations with a UHS counselor._

_Regular hours include drop-in hours and time for scheduled counseling appointments._