Let’s Talk! Drop-In Consultation at César E. Chávez

Concerned about a friend? Feeling anxious or down? Questions about counseling? Need advice on solving a problem?

The Let’s Talk program provides easy access to informal, brief, free drop-in consultations with counselors from University Health Services. No appointment is necessary, there is no paperwork to complete.

The counselors at César E. Chávez have expertise and competency in working with underrepresented students on campus. All counselors work with students who are experiencing symptoms of anxiety, depression, and relationship concerns.

For urgent concerns or to schedule an appointment with a counselor, call CAPS at (510) 642-9494.

DROPOUT HOURS

For most up to date schedules, please visit uhs.berkeley.edu/satellite/chávez

<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

COUNSELORS

Adisa Anderson, PhD  
- African American Student Development  
- Men’s Issues  
- Multicultural and Social Justice Counseling  
- Students of Color

Elizabeth Aranda, PhD  
- Students of Color  
- LGBTQ  
- First Generation Students

Nadia Damani-Khoja, PhD, LMFT  
- South Asian Americans  
- Muslim Americans  
- International Students  
- Family Systems

Yi Du, PhD  
- Multicultural Counseling  
- Adjustment Issues  
- Identity Development

Shanta Jambockar, LCSW  
- LGBTQIA, QPOC  
- South Asian Diaspora  
- Immigrant and Next Generations  
- Women of Color

Jeff Lee, LCSW  
- Mindfulness, Activity, and Nature for Wellness  
- Underserved Populations  
- Transitions

Paige Lee, PhD  
- Multicultural Counseling  
- Academic/Career  
- Identity Development  
- Family of Origin  
- First Generation Students

Counseling & Psychological Services  
2222 Bancroft Way, 3rd Floor, Berkeley, CA 94720  
uhs.berkeley.edu/counseling  
(510) 642-9494