Wellness Counseling at B North

Meet with a Student Parent Wellness Counselor at Be Well at B North in MLK

Drop-In Hours
• Wednesdays 1-4pm
• Thursdays 9-11am
• Fridays 9-11am and 1-4pm

By Appointment
• Online at etang.berkeley.edu (Select the “Student Parent Center Drop-In” option)
• Call the Social Services office at (510) 642-6074
• Call a provider directly, see below

Topics
You can speak with a counselor about various topics including but not limited to:
• advocacy
• adjustment/transitions
• anxiety
• academics
• basic needs
• career
• depression
• family
• identity development
• parenting support
• relationships
• self-care
• stress
• time management
• trauma

Wellness Counselors

Zenaida Hernandez, LCSW
(510) 520-7031

Nicole Kallas, AMFT, APCC
(510) 561-8199

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