

## Facility

All currently enrolled students are eligible to receive free counseling services at the Sophia-JN Heredia counseling centre. Although treatment course determinations are made individually for each student, a short-term treatment model is commonly used. Teachers have frequent contact with students that may allow them to identify those who are at risk and make emergency counseling referrals.

The Counseling centre is a safe and confidential space. Information will be released only with the students consent or as may be required in cases of danger to self or in cases of abuse.

The centre conducts informative and interactive sessions to provide education, health care and wellness promotion. The sessions are designed to assist students to maintain optimal emotional health needed for academic and personal success. Common issues with academics anxiety, shyness, stress, loneliness, gender issues, relationship difficulties, body image, family relations and addictions are handled.

Career counseling is provided to figure out the real potential and to guiding students in the direction of a proper career path.