

The Counseling and Training Clinic offers counseling services to individuals, couples, families, and children free of charge.

All sessions are facilitated by counselor trainees. Sessions are completely private and confidential and are supervised by fully trained licensed professionals in an environment of safety and trust.

### **Services**

- Individual Counseling
- Family Counseling
- Couples Counseling
- Group Counseling
- Multifamily Group Counseling for Children, Adolescents, Adults, and Families

### **We can also assist with:**

- Parenting Skills
- Self-Esteem
- Career Planning
- Interpersonal Skills
- Divorce-Separation-Blended Families
- Discipline/Behavior Problems
- Couples Communication
- Study Skills
- Time Management
- Grief and Loss
- Relationships
- Communication
- Assertiveness Training
- Anger Management
- Stress Management

- Relaxation
- Coping Skills
- Fears, Anxiety, Phobias & PTSD
- Sadness/Depression
- Social Skills
- Life Skills

### **Appointments**

361-825-3988

Clinic hours

12:00 p.m. – 8:00 p.m.

Offices closed during school holidays. For emergencies or after hours, dial 911.

### **Location**

TAMUCC Natural Resources Center

2700 Suite

6300 Ocean Drive

Corpus Christi, TX 78412

### **Directions**

Take Ocean Drive to Texas A&M University-Corpus Christi. Turn right at the first university traffic light. Turn right at the stop sign and right toward the Natural Resources Center parking lot. The 2700 suite is on the second floor.