



Are you feeling stressed lately?

Do you wish there was someone you could talk to about it?

Do you want to learn how to handle your stress better?

**If your answer is YES, please
stop in MP221 – Career &
Counseling Center
or call 818-240-1000 ext. 5035
or ext. 5055 and ask for a
confidential appointment with
the counselor - Margaret**

**Glendale Community College—Garfield Campus
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