

## Support & Consultation

# Drop-In Hour

with CSM Therapist, Makiko Ueda

for Faculty and Staff

**Every Monday from 12:30PM to 1:30PM**

**February 22<sup>nd</sup> - May 17<sup>th</sup>, 2021**

If you feel like chitchatting or if you have any questions and concerns about mental health and wellness, you are invited to the drop-In hour!

You can't make it to the drop-in hour? Contact Makiko at [uedam@smccd.edu](mailto:uedam@smccd.edu).

Zoom link: [Click Here](#)

Meeting ID: 829 6087 5817

Passcode: 216699

CSM Personal Counseling & Wellness Services: [csmwellness@smccd.edu](mailto:csmwellness@smccd.edu)