



ACC Counseling Services and The Gulf Coast Center present

HOPE *for the* HOLIDAYS

The holiday season is often seen as a time for joy and celebration, but it can also bring a mix of stress, anxiety, and overwhelming expectations.

Join us in exploring the unique challenges the holidays bring and offer practical strategies for managing stress, setting healthy boundaries, and staying grounded during this time of year.

Virtual Session

Thursday, December 5
12 noon - 1 p.m.

Go to bit.ly/Hope-For-The-Holidays
or scan the QR code to join.



In-Person Session

Thursday, December 5
5 - 6 p.m.
Student Resource Center (H-109)

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For more information, contact:
counseling@alvincollege.edu

