



COUNSELING AND SUPPORT SERVICES (CSS)

ALL COUNSELING SERVICES WILL BE PROVIDED
VIRTUALLY FOR THE SUMMER SEMESTER

Monday through Friday • By Appointment Only • FREE to URI students

Counseling for:

- Stress management
- Family stress and conflict
- How thoughts and feelings can impact individual behavior
- How to maximize individual strengths
- Developing healthy lifestyles (quit smoking, angermanagement)
- Birth, illness, death
- Coping with health issues
- Couples conflict
- Parenting concerns
- Relationship enhancement
- Communication problems
- Pre-marital counseling
- Step-family blending
- Separation and divorce

TO SCHEDULE AN APPOINTMENT CALL 401.874.2288