

NEW CHAPTER. NEW YOU.



Thrive at College

A 6-WEEK THERAPY PROGRAM
FOR RISING COLLEGE FRESHMAN

Build skills. Build confidence.

Build resilience.

College is an exciting new journey—and we're here to help you thrive. Our program includes six 1-on-1 sessions designed to equip you with tools to navigate challenges, build resilience, and take care of your well-being.



TOPICS WE'LL EXPLORE TOGETHER:



Stress, Time Management & Workload

Discover practical strategies to manage your time, stay organized, and handle academic demands.



Navigating Social Dynamics & Sharing Living Space

Build healthy relationships, communicate effectively, and navigate the ups and downs of college life.



Learning to Be a Self-Advocate

Develop confidence in expressing your needs, accessing resources, and speaking up for yourself.



Managing Anxiety & Mood

Learn cognitive-behavioral techniques to cope with anxiety and regulate your mood.



Problem-Solving & Stress Inoculation Training

Strengthen your problem-solving skills and build resilience to handle life's inevitable stressors.



Prioritizing Self-Care & Health

Understand the importance of self-care and develop habits that support your mind and body.



Bonnie Zucker & Associates, P.C.

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