Slowly, yet diligently, appropriate attention and opportunities are being initiated to better address the mental health challenges in our everyday personal and workplace worlds. Alpena Community College has taken a special step to offer safe, no-cost, local “I need some help” Mental Health Moments Counseling.

Carey Schiller, ACC’s contracted counselor, will be stopping by the Oscoda Campus to discuss the value of taking a few Mental Health Moments in your life. Specifically, this session will discuss the why’s, how’s and benefits of attending to your mental health.

Wednesday, November 17, 2021
1:00pm – 2:15pm
Oscoda Room 213
RSVP by calling 358-7295 or email whatnext@alpenacc.edu

Presented by: Carey Schiller, LMSW
989.358.7296
counselinginfo@alpenacc.edu