

Personal Counseling Center

*Building 5, Room 303
Phone: (650) 381-3573
Web: canadacollege.edu/pcc*

Welcome to the Personal Counseling Center (PCC)

At the Personal Counseling Center (PCC), we understand that mental health significantly impacts student learning and overall well-being. Our mission is to support your personal and academic growth through accessible, compassionate, and holistic counseling services.

We are dedicated to fostering the development of the whole student. Our counseling services take into account the emotional, psychological, and social factors that influence your well-being and academic performance.

We are committed to creating a **safe, inclusive, and affirming space** for all students—regardless of race, ethnicity, culture, sexual orientation, gender identity, religious or spiritual affiliation, or ability. At PCC, you will be seen, heard, and valued.

Services We Offer

PCC provides short-term counseling to currently enrolled students at Cañada College. Our professional counselors can help with a wide range of concerns, including but not limited to:

- Life transitions
- Relationship and family issues
- Depression and anxiety
- Academic stress and performance
- Grief and loss
- Trauma and discrimination
- Substance use concerns
- Self-esteem and body image
- Stress management
- Self-injury and suicidal thoughts

Counseling Formats Include:

- Individual counseling
- Couples counseling
- Group counseling

Eligibility

All currently enrolled Cañada College students are eligible for PCC services. Counseling is **free and confidential**.

