



**Are you feeling stressed lately?**

**Do you wish there was someone you could talk to about it?**

**Do you want to learn how to handle your stress better?**

**If your answer is YES, please  
stop in MP221 – Career &  
Counseling Center  
or call 818-240-1000 ext. 5035  
or ext. 5055 and ask for a  
confidential appointment with  
the counselor - Margaret**

**Glendale Community College—Garfield Campus  
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