



MINDFUL PSYCHOLOGY
ASSOCIATES



COLLEGE STUDENTS ...AND MENTAL HEALTH

A Free One-Hour Zoom Webinar for Parents

Learn about latest trends in college student mental health, practical strategies to discuss with your student before they leave for college, how to access resources, and how to best adjust to your student leaving for college. Join us live or register to get the recording. The webinar will include a Q&A session.

**TUESDAY
AUGUST
15, 2023**

5:00 pm– 6:00 pm

TO REGISTER: evanstonpsychologists.com/webinar



ABOUT THE PRACTICE

Our clinicians at Mindful Psychology Associates have many years of experience working with the unique issues that undergraduate and graduate students face. We offer individualized support to students struggling with transitions to college life.



SPEAKER: DR. CONTARINO PANNING

Jennifer Contarino Panning, Psy.D., is a Licensed Clinical Psychologist and CEO/Founder of Mindful Psychology Associates. She is a mental health leader and innovator with 20+ years of clinical experience, including college student mental health.



evanstonpsychologists.com/webinar



847-864-0600