



COLLEGE 101



- We are offering a **FREE** Zoom session for students and their parents who are thinking about college.
- Whether you are planning to live on campus or commute these sessions are **highly recommended** for students and parents **regardless of age and grade**.
- Sessions will be facilitated by Aden Cook.
- **Prior registration is required.** Sessions with no participants by the sign update will be canceled.



Areas of Discussion:

- Who needs to know (if anyone) how you identify.
- Tips for navigating professors, administrators, and dating.
- Residence hall, dorm living, and roommate conflicts.
- Having a roommate vs. having a single room.
- Finding safe / accepting spaces on campus.
- Taking advantage of healthcare on campus.
- Considerations for going to school out of state.
- Any questions or concerns that YOU have!

Session Dates:

- Students Only: Sunday, **November 12th at 7:00pm**
- Parents: Thursday, **November 16th at 7:00pm** (Students are welcome to attend with your parents)

Sign Up Deadline:

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- **Please sign up by Wednesday, November 8th at 12:00pm.**
 - You may sign up by emailing admin@cphbuffalo.com or on our website at cphpsych.com.
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Special thanks to the Children's Growth Foundation and Variety Club of WNY for their generous grants that allows us to offer these sessions **FREE** of charge to patients of CPH Mental Health.