Other Services Offered through the Counseling Office

We can also assist you with test anxiety, grief counseling, stress management, learning how to achieve your academic goals, and suggestions on how to relax to be a more successful student. Stop by the counseling office to make an appointment.

We are open Monday — Friday 8:00 a.m. — 4:30 p.m.

Occasionally we have evening hours on Mondays and Thursdays by appointment only.

Office of Counseling, Academic, and Disabilities Staff

Suzanne Alexander
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Circle of Friends Support Group

“Keys to Success”

Phone: 410-334-2900
Fax: 410-334-2954
### The Goals of the Group

The Circle of Friends support group was started during the Fall 2008 semester to assist Wor-Wic students diagnosed with Autism Spectrum Disorders and/or Traumatic Brain Injury in achieving the following goals:

- Feel that they have the capability to succeed like any other students
- Give students an opportunity to vent their frustrations, concerns and successes in a safe environment
- Educate the student about the various supports and activities available to them on campus
- Go over basic skills that will enable better learning skills
- Teach relaxation strategies to cope with the stress of school
- Discuss communication, social skills and conflict resolution strategies

### What Happens in Group?

Generally, the group meets once a week for about 1 hour, and is facilitated by the Director of Counseling and/or the Academic & Disabilities Counselor.

The group participants are encouraged to talk about their feelings pertaining to how school is going and discuss any problems they are experiencing.

The Students are also encouraged to form friendship connections with other members of the group. One way to help facilitate this is by having each student bring a personal item (ex: photo, favorite book, etc.) to the group to discuss it with other members.

Group attendance is totally voluntary and members are free to come and go as they please.

Due to FERPA privacy laws, the content of each group is held with confidentiality. Parents of students are not able to access information discussed in the group unless the student gives consent or the student is a threat to himself/herself or others.

### When & Where?

**When:** Every Monday during the Fall 2009 semester (first meeting September 14)

**Time:** 2:30 p.m.—3:30 p.m.

**Where:** Student Center Building Room 216

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Wor-Wic Community College provides reasonable accommodation for students with disabilities, in compliance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973.

The college does not diagnose or treat disabilities, but does provide services, such as note takers, tape recorders, testing accommodations, tutors, assistive technology, sign language interpreters for congenitally deaf students, and other reasonable accommodations.

Students requesting these services must submit medical and or education documentation to the director of counseling at least four weeks before the start of classes so that eligibility can be determined and the appropriate accommodation can be made.