



**Mindsoother
Therapy Center**



COLLEGE COMPASS

SUMMER 2026

Prepare for College with our Essential Skill Building Series!

By enhancing emotional and cognitive skills, students will enter or return to college with greater confidence, self-awareness, and a solid foundation for success in this exciting new chapter!



Build executive functioning skills - time management, organization, goal-setting, and problem-solving.



Learn skills to manage the transition to college successfully.



Learn DBT tools to manage stress, regulate emotions, navigate relationships, and develop mindfulness strategies.

OPEN TO INCOMING COLLEGE FRESHMEN AND ANY AGE COLLEGE STUDENTS!

Wednesdays | 11 am - 1 pm

Session 1 – July 8th
Session 2 – July 15th
Session 3 – July 22nd

OR

Tuesdays | 6 pm - 8 pm

Session 1 – July 28th
Session 2 – August 4th
Session 3 – August 11th

**Scan to learn more
and secure your spot!**

