

About Wellness Services

Eligibility—Any currently enrolled GCC student is eligible to receive our services.

Wellness Services— During the initial meeting, the counselor will assess your needs and make recommendations based on their professional opinion and in collaboration with you. In some cases, students are referred to providers outside of GCC. This decision is made on a case-by-case basis and is determined by the appropriateness of counseling for your individual situation, our expertise in treating your particular problem, the availability of staff and other resources, and other factors.



Scheduling An Appointment

If you would like to make an appointment to see a counselor to learn more or discuss your concerns contact the Wellness Center at 203-285-2480. Please tell the receptionist if you need an urgent appointment. You can also schedule an appointment online at GatewayCT.edu/wellnesscenter



Understanding Confidentiality

The information shared with campus counselors is confidential. Any limitations to confidentiality will be discussed during your first meeting.

On average, 45% of adults will receive help for mental illness within their lifetime.



**Wellness Center
20 Church Street
Room N114
New Haven, CT 06510**

**203-285-2480
GatewayCT.edu**

Gateway Community College does not discriminate on the basis of race, color, religious creed, age, gender, gender identity or expression, national origin, marital status, ancestry, present or past history of mental disorder, learning disability or physical disability, political belief, veteran status, sexual orientation, genetic information or criminal record in its programs and activities.

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WELLNESS SERVICES

**HELPING YOU NAVIGATE
THE UPS AND DOWNS OF
COLLEGE AND LIFE**



GatewayCT.edu

WELLNESS SERVICES

CORE SERVICES AREAS

MEET THE STAFF

Counseling

College life can be challenging and is often stressful. Students experience those challenges in a number of different ways: difficulties adjusting to college, confusion in deciding on a major or career path, or struggles in relationships. Many students feel anxious, depressed, confused, or overwhelmed at some point during their college experience and need help dealing with feelings and problems that seem beyond their control.

For college students, that help may come from friends, family members, significant others, etc., but in some cases, help is needed from a trained professional. Our goal is to provide an open, supportive, and private environment for you to address the issues that are concerning you.

How to Get the Most Out of Your Counseling Experience

- Define your goals
- Be an active participant
- Be patient with yourself
- Ask questions
- Follow your counselor's recommendations

How can the Center for Students and Families support you?

The Center for Student and Families (CSF) promotes the well-being of students through case-management and support services. The Center for Student and Families strives to serve as an on-campus safety net to help students persist in college and gain stability.

Screenings & Assistance

- Medical benefits
- Food assistance
- Cash assistance
- Energy assistance

Lounge for Nursing Mothers

- Support students, faculty and staff who are breastfeeding
- Provide community and neighborhood based referrals
- Support well being of mothers and families

Other Services

- Mobile Food Pantry
- Assist with appropriate community referrals
- Workshops to support students in mind, body, and spirit

**Mental Illness impacts
1 out of every 5 people
each year.**

Licella Arboleda, MS, NCC, LPC

Counselor, Coordinator,
Wellness Center
203-285-2028

Licella Arboleda is a Counselor and the Coordinator of the Wellness Center at Gateway Community College. She is a skilled empathetic bilingual counseling professional with over four years of experience at a diverse community college setting. She excels in working with high-risk and first generation college students through a variety of roles. Licella holds a Master's of Science Degree in Clinical Mental Health Counseling from Southern Connecticut State University, a Bachelor's of Arts in Liberal Studies with concentrations in History and Psychology from Southern Connecticut State University and an Associate's of Arts in Liberal Arts and Sciences from Gateway Community College. Licella is a Licensed Professional Counselor, National Certified Counselor and is Safe Zone trained to support LGBTQI+ individuals and regularly maintains proficiency in her field through attendance of numerous local and national trainings.



Kathleen Ahern, MS, NCC, LPC

Counselor, Wellness Center
203-285-2092

Kathleen Ahern received her B.S. in Human Development and Family Studies from the University of Rhode Island in 2007. She received her Master's Degree in Clinical Mental Health Counseling from Southern Connecticut State University in 2011. Kathleen became a Nationally Certified Counselor (NCC) in 2011 and a Licensed Professional Counselor (LPC) in 2015. Kathleen joined Gateway Community College in 2012 as a Counselor in the Student Success Center where her responsibilities include academic advising, co-chairing the Behavior Assessment Team, wellness programming, and taking the lead in crisis intervention and personal counseling services.

