

Virtual Coffee Hour

Cerritos College Student Health has launched a “Virtual Coffee Hour” to give students the opportunity to chat virtually with a mental health clinician.

Virtual Coffee Hour is a new informal outreach held Tuesday and Thursday at 10 a.m. and provides students an opportunity to share what’s on their mind, engage in other topics including anxiety, fear, self-care, and ask questions regarding diversity issues.



Note: Virtual Coffee Hour is not a form of clinical therapy, but an informal outreach event. Students can simply drop-in as needed. Resources will be provided.

Students can also just use the chat function to ask questions.

Virtual Coffee Hour Zoom Meeting | Tuesdays and Thursdays at 10 a.m.

Join from PC, Mac, Linux, iOS or Android:

<https://zoom.us/j/95103081845?pwd=WmdNNy8zcWVibEY4OGVUR1JkZ0xydz09>

Password: 169081

For more information about Cerritos mental health services and additional COVID-19 resources, visit <https://www.cerritos.edu/shs/> or call (562) 860-2451 Ext. 2321.

If accessibility accommodations (e.g. communications access, alternate formats) are needed to participate fully in the event, please submit your request to AccommodationsRequest@cerritos.edu within seven school days in advance of the event.