



School of Graduate Studies

SGS Embedded Counsellor

The School of Graduate Studies now has a Health, Counselling and Disability Services Counsellor on site!

The Counsellor (Ashley Vanstone) provides:

- Individual counselling services to graduate students,
- Group programs,
- Consultations, and
- He will host educational events.

How to Access Counselling Services at Queen's

To book an individual appointment, call the Counseling Service at **613-533-2136 (32136)**. The dedicated phone line also has a confidential voicemail. You can also reach the counselor via email at grad.counsellor@queensu.ca

If you are a graduate student, an appointment will be booked with Ashley Vanstone though you may of course request a different counsellor. All services are strictly confidential.

Weekly Meditation Drop-In Group

When: Thursdays, 12:15 p.m. – 12:45 p.m.

Venue: Room 306, Gordon Hall

Please RSVP to Ashley at grad.counsellor@queensu.ca

Suitable for all levels of meditation.

