COUNSELING CENTER
Central Michigan University
102 Foust Hall
Phone: 989-774-3381; Fax: 989-774-1124
www.counsel.cmich.edu
Dr. Ross Rapaport, Director
Michelle Bigard, Associate Director

SERVICES: The Counseling Center provides a variety of free, brief and time-limited services for currently enrolled CMU students. Services include confidential individual counseling, group counseling, or referral for: personal issues such as an urgent situation or crisis, anxiety, depression, homesickness, loneliness, identity concerns, alcohol/drug abuse, eating concerns, college transitions, stress management, relationship concerns, couples concerns, family stress, grief/loss, relapse prevention, sexual orientation, strengthening coping skills, and personal growth and development; improving academic success by reducing stress and focused anxiety (e.g., test, math, speech), and learning study and time management skills; primary and secondary survivors of sexual and domestic violence, stalking, and harassment.

CLIENTELE: Counseling Center services are available to currently enrolled CMU students (full or part-time)

APPOINTMENTS: Appointments may be made by calling (989-774-3381) or by stopping by the Counseling Center in 102 Foust Hall. Please let our receptionist know if you need to be seen immediately.

FEES: None for individual or group counseling

HOURS:
- 8:00 am – 5:00 pm Monday – Friday Fall and Spring Semesters including the week before each semester
- At other times when the university is open hours are 8:00 am to noon and 1:00 pm to 5:00 pm

OTHER SERVICES:
- Referral assistance for students, parents, faculty and staff
- Referral to appropriate off-campus agencies and other CMU services and resources
- Consultation with students, parents, faculty and staff
- Groups and workshops
- Mental health screening
- Outreach programs (may be available upon request)
- After hours emergency on-call during fall & spring semesters (call CMU Police at 989-774-3081 or 911)
- Resource information on Counseling Center’s website (www.counsel.cmich.edu)

Counselors:
Michelle Bigard, MSW, LMSW
Kristie Birchmeier, M.A., LPC
Cory Cole, MSW, LMSW
Arshia Ebrahim, Ph.D., LP
Melissa Hutchinson, M.A., LPC, NCC
Chun-Fang Frank Kuo, Ph.D., LLP
Brooke Oliver-Hempenstall, M.A., LPC
Ross Rapaport, Ph.D., LPC, NCC
Lisa Sheffert, M.A., Ed.S., LPC
Julie Wellman, M.A., LLP

Clinical Psychology Advanced Practicum
Siew Li Ng, M.A.
Seth Courrege, B.S.

Counseling Education Interns
Courtney Klaus, B.S.
Megan Varner, B.S.

Support Staff
Peggy Clerc, Executive Secretary
Erin Cross, Senior, Student Office Asst.
Andrea Stickel, B.S.W. Grad. Student Office Asst.
Bradley Holley, B.A.A. Grad. Student Office Asst.
Leigh Shindelar, B.A. Grad. Student Office Asst.

RESIDENCE LIFE:
Counselors in Residence
East Student Success Center, Becky Wang, M.A., LPC, CPS 989-774-1879
North Student Success Center, Courtney Roberts, M.A., LPC 989-774-3947
South Student Success Center, Erica Redmond, M.A., LPC 989-774-3089
Towers Student Success Center, Andrea Lobert, MSW, LMSW 989-774-6601

CMU, an AA/EO institution, providing equal opportunity to all persons, including minorities, females, veterans and individuals with disabilities. CMU provides individuals with disabilities reasonable accommodations to participate in university activities, programs and services. Individuals with disabilities requiring an accommodation in order to participate in counseling should contact the Counseling Center at 989-774-3381, email to counsel@cmich.edu, or stop by the Counseling Center at 102 Foust Hall.

08/25/2014