

AEC: Professional counseling and consulting services with a social justice and advocacy framework, focused on equitable access to mental health and well-being care.

- Services: (1) Professional counseling (individual, couples, group; bilingual Spanish/English); (2) Community workshops on various educational, career, and mental health related topics; (3) Professional development trainings on various mental health and well-being topics; CE certified sponsor through IDFPR and NBCC (4) Clinical supervision services; (5) Consulting services to support DEI, social justice, advocacy, and multicultural integration within organizations.



We'll be happy to help



Talk with Us

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Workshops

1

- Exploring Diversity and Human Relations
- Increasing Hispanic Parent Outreach and Support: Why it Matters
- The Need to Educate Through a Multicultural and Culturally Competent Lens
- Transfer Counseling: The Importance of 2-Year Institutions, HBCUs and HSIs for Students of Color
- Stress & Anxiety Management
- How to Better Support Undocumented Students
- Growth Mindset Through an Equity Lens
- A Helping Professional's Role in Increasing Social Justice and Advocacy
- Career Counseling for Undocumented and Immigrant Populations

2

- Suicidality: What You Need to Know
- Depression & Suicidality
- College Success Skills
- Evidence Based Study Techniques and Preparing for Final Exams
- Paying for College: The Importance of Financial Aid and Scholarships
- Womxn Empowerment
- Latinx Empowerment
- Navigating the American Educational System
- Documentation Status and College and Career Goals
- Diversity on College Campuses and Beyond
- Culturally Responsive Practices for Serving the Undocumented Communities

3

- Creating Family and Community Workshops to Support SEL Initiatives
- Coping & Distress Tolerance Skills
- How to Develop Self- and Co-Regulation Skills
- Trauma 101: The Impact on the Individual, Family, and Community
- Student Stress and How to Access Resources and Support
- Parental and Family Stress and How to Use Coping Skills and Self-care for Support
- Cultural Competency Training: The Impact of Historical, Racialized, and Migratory Trauma
- Implicit Bias Training
- Military and Veteran Clients: A Basic Overview of Ways to Support this Community