

MISSION: WELLNESS

UHS and the VRSC bring you MISSION: WELLNESS. This initiative brings you multiple opportunities throughout the semester to engage in casual conversation about the topics that are most affecting you and connect you with relevant resources. MISSION: WELLNESS offers:



- ***Individual Counseling Consultations***
- ***“Well-Rounded” Discussions & workshops***
- ***Career Counseling***
- ***and more!***

MEET DONNA!

Donna is a counselor with UHS and a lifelong military family member with a passion for serving and supporting our military students. With over 22 years experience, she is here to address all your wellness and mental health needs.



Stop by for counseling consultations, casual, off-the-record, one-on-one conversations during Donna’s VRSC office hours:

- **MONDAYS, 8:30A-NOON**
- **TUESDAYS, 8:30A-5PM**
- **WEDNESDAYS, 11A-4PM**
- **THURSDAYS, 8:30A-12:30PM**

Appointments aren’t necessary, however if you would like to ensure Donna’s availability around your schedule, you can email her at donnambrooks@tamu.edu.