



# WILLIAM & MARY COUNSELING CENTER

## McLeod Tyler Wellness Center, Second Floor

The Counseling Center welcomes Stella Sullivan and her handler Dr. Mark Sullivan, DVM (Retired) to the staff. Stella is a trained therapy dog, is very empathetic, and has been interacting with students at Swem Library for over a year. Her office hours are **Wednesdays from 1:00-3:00 pm** and **Fridays from 9:00-11:00 am** beginning February 18. To schedule a session with Stella, call the Counseling Center at (757) 221-3620. Stella's sessions are scheduled in 20 minute intervals; three students would be able to schedule at any given time.



"Animals are such agreeable friends – they ask no questions, they pass no criticisms."

George Elliot



## Benefits of Pet Therapy

- Reduces anxiety and helps people relax.
- Releases an automatic relaxation response.
- Lifts spirits and lessens depression.
- Lowers feelings of isolation.
- Increases mental stimulation.

