

# WELCOME TO VIRGINIA TECH

AT THE NORTHERN VIRGINIA CENTER



WE ARE HERE FOR YOU WHENEVER LIFE OR SCHOOL GETS TO BE OVERWHELMING.

## WHO WE ARE

Cook Counseling Center is a safe place for graduate students to discuss their personal concerns, when they feel stuck and are experiencing a high degree of distress.

## WHAT WE OFFER

Cook Connect evaluation session, **Individual Counseling**, Group Counseling, **Workshops**, Campus Outreach, **Crisis Consultation**, Support Groups and Psychiatry

## WHERE WE ARE

**Cook Counseling Center's NVC Office:**

7054 Haycock Rd., Falls Church, VA; Room 496 (Appointments), Room 495 (Waiting Room)

**VT Research Center-Arlington:**

900 N Glebe Rd., Arlington, VA; Room 2-318 on the second floor; every other Wednesday

## JULIE KAPLAN, PH.D.

Julie Kaplan works as an Embedded Counselor at the Northern Virginia Center (NVC), in Falls Church, Virginia. She is a licensed clinical psychologist, with an M.A. and Ph.D. in Clinical Psychology from George Mason University. She has over 25 years of experience working with adults in individual and couples therapy. Areas of specialty include depression, anxiety, life transitions, relationship issues, coping with medical illness, stress management, and ethnocultural issues.

## JUST REACH OUT

Scheduling an appointment is easy!



**Northern VA Office** 703-635-9957  
**After Hours Support** 540-231-6557



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