

# The Counseling Center at Post University

*“Imperfections are not inadequacies; they are reminders that we’re all in this together.”*

*- Brené Brown*



Leever Student Center

203.596.4585 | [counseling@post.edu](mailto:counseling@post.edu)



# You may be surprised how much a little talk can do.

## Our mission

Our Mission is to provide professional counseling services to students so they can achieve their full potential in their personal, academic and professional lives. The Counseling Center provides outreach programs and consultation services to students, faculty and staff, as well as classroom instruction and advocacy for university mental health initiatives.

## Good listeners can be the greatest help

Our counseling services offer a safe place to talk to a trained professional about your life and anything that may be painful or confusing. We explore your thoughts, perceptions, reactions, behaviors and emotions in order to help you gain insight and make positive changes in your life.

If you feel that something is getting in the way of your academic and/or personal life, schedule an appointment to find out if counseling is right for you.

## How we help

We provide students with an opportunity to explore their problems and concerns confidentially with a professional psychotherapist. Students have access to psychiatric services through the Center as well. We offer individual, couples and group services. Outreach is also available to student organizations, residence halls, faculty and staff.

If you're concerned about a student, contact us by phone or in person. Off-campus referral information is available upon request.

## What students think

Students are often unsure or nervous about seeking counseling, but many of them find the experience to be productive, positive and beneficial. Here are a few of their anonymous comments about their experience:

- *I thought it was very good. I have been going through a tough semester and my counselor has been really helpful to me. I look forward to each session.*
- *My counselor is very personable and understanding. I don't feel judged during our session, which is very important to me, and it allows me to open up.*
- *My counselor helped me through a lot this semester and I thank her so much for it.*
- *I am a senior here, and the Counseling Center has always been a help for me.*

To make an appointment, stop by the Leever Student Center, or call or email: **203.596.4585 | [counseling@post.edu](mailto:counseling@post.edu)**

# Meet our staff

**Lisa Antel, LCSW** / *Director of the Counseling Center*  
B.A., Bates College; M.S.W., Smith College  
lantel@post.edu / 203.596.4585

Lisa has been working with Post students since 2001. She views college as a time of challenge, opportunity, and growth. Lisa feels honored to work with Post students at this pivotal time of their lives.



**Aubry Fappiano, LCSW** / *Counselor*  
B.A. and M.S.W., Boston College  
afappiano@post.edu / 203.596.4658

Aubry joined Post in August 2018. She has worked in mental health and higher education settings since 2010. Aubry enjoys helping students cope with anxiety, depression, life transitions, learning differences, and other stressors.



**Glenn Xavier, MSW** / *Counselor*  
B.S. and M.S.W., Southern Connecticut State University  
gxavier@post.edu / 203.591.7417

Glenn has been in the helping profession for over 20 years. He has coached track and football at both the high school and collegiate levels. Glenn has utilized his therapeutic skills in sports, schools, and various mental health treatment facilities.



**Kathryn Colby, BA** / *Athletic Counseling Intern*  
B.A., St. Norbert College  
kcolby@post.edu / 203.591.5640

Kathryn is a second year Athletic Counseling Graduate student at Springfield College. As an athletic counselor, she enjoys helping student athletes with personal, professional, athletic, and mental health needs as well as combining her two biggest interests of sports and counseling. .



**Dr. Robert McWilliam, MD** / *Off-Campus Psychiatrist*  
B.A. and M.D., University of Vermont

Dr. McWilliam provides psychiatric services in his Woodbury, CT office, just a short drive from campus. Psychiatric appointments may be arranged with your counselor.



## Counseling Center Hours:

**Monday:** 8 a.m. – 8 p.m.  
**Tuesday:** 8 a.m. – 6 p.m.  
**Wednesday:** 8 a.m. – 7 p.m.  
**Thursday:** 8 a.m. – 8 p.m.  
**Friday:** 10 a.m. – 4 p.m.

## Evening and Weekend Crisis Situations:

**Post Crisis Cell:** 203.228.8706  
**Post Security:** 203.596.4502  
**Waterbury Hospital Crisis:** 203.573.6500

To learn more about the Counseling Center, access resources such as SOAR and You@Post, take mental health screenings, or download wellness apps, visit our webpage:

<https://post.edu/student-services/counseling>

*“Give yourself permission to be human. When we accept emotions - such as fear, sadness, or anxiety - as natural, we are more likely to overcome them. Rejecting our emotions, positive or negative, leads to frustration and unhappiness.” - Tal Ben-Shahar*

**Find out if counseling is right for you.**

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Or stop by our office in the Leever Student Center.