Join CAPS and the LCRC as we offer a space for students to check in and offer support to each other around challenges we may be experiencing.

Drop-In Hours
Wednesdays 1pm-1:50pm
September 9th and 23rd
October 7th and 21st
November 4th and 18th
December 2nd

Dr. Valerie Minchala

For accommodations, contact lcrc@fullerton.edu
Suggested Topics

These meetings will not be structured or recorded. Challenges students might want to talk through include, but are not limited to:

- Personal impacts of COVID-19
- Difficulties coping with quarantine
- Communicating effectively with loved ones
- Prioritizing self-care and mental wellness
- Processing triggers surrounding sexual assault
- Anything else you are struggling with
Dr. Valerie Minchala is a psychologist with CSUF’s Counseling and Psychological Services. She earned her Ph.D. in Counseling Psychology from Ball State University in 2009 and joined CSUF in 2011.

Her clinical interests include working with Latinx, first-generation, and LGBTQ college students on concerns related to identity, relationships, and substance use.

Professionally, she has been involved with the National Latinx Psychological Association since 2010 and served as the Student Development Coordinator from 2012-2018 due to her passion for working with Latinx students.