

Counseling Tea Corner Jasmine Garcia, Chabot College

The Tea Counselor Corner has quickly become a cherished space in our center, fostering a greater sense of comfort and emotional well-being among students. Designed to be both welcoming and supportive, the Tea Corner has encouraged more students to engage with counseling services while normalizing self-care practices. As one student shared, “I was waiting, and I noticed the Tea Corner—what a delightful surprise. I enjoyed a relaxing sip while waiting.” Others echoed the sentiment, calling it an “amazing offer to relax while waiting to speak to a counselor,” and noting “it’s really nice having something warm to energize.” These responses reflect the positive impact of the Tea Corner in reducing stress, enhancing campus community, and promoting equity in mental health access through visible, holistic support.

Best,

Jasmine Garcia

