

Cindy Pond  
LCSW

## Success in College

Helping Students Reach for the Top!

Teletherapy encompasses the use of video conferences, emails, texting, and phone calls between client and therapist. Numerous studies have found that teletherapy is as effective as face-to-face therapy, and even more effective for some. Now, you can schedule an appointment and attend from wherever you are...

...all you need is a computer and a private location without distractions.

### Teletherapy for SUNY Geneseo Students

Everyone says that “college years are the best years of your life”, but in reality, young adults are facing difficult challenges and obstacles as they step up into the college years. Some common stressors may include: roommate issues, staying healthy, time management, letting go of parents, parents assisting in the successful launch of the independent young adult, money management and not to mention, academic stressors of a rigorous and competitive college.



Cindy Pond is a New York state licensed Clinical Social Worker with over 25 years of experience in helping her clients discover how to move through and around the dilemmas of college life. It's comforting to have a non-judgmental approach, a friendly style which is open and engaged with helping you to solve some of these problems. Cindy is also joined in her practice by three social workers and one psychologist, all of whom see students regularly at 106 Main St. and are licensed by New York State.

Plus, her office is right on Main Street, a hop-skip-and-a-jump from Geneseo's campus.

Questions? Call Cindy today for a free consultation | 585-786-0150

### PLATINUM | \$860 per semester

**Includes:**

- 30 minute “Greeting Meeting” via teletherapy prior to first day of classes
- 12 therapy hours throughout semester
- Hours can be completed via teletherapy, phone and 2 face-to-face visits
- Up to 2 hours of therapy for parents

### GOLD | \$680 per semester

**Includes:**

- 30 minute “Greeting Meeting” via teletherapy prior to first day of classes
- 10 therapy hours throughout semester
- Hours can be completed via teletherapy, phone and 1 face-to-face visit
- Up to 2 hours of therapy for parents

### SILVER | \$525 per semester

**Includes:**

- 30 minute “Greeting Meeting” via teletherapy prior to first day of classes
- 8 therapy hours throughout semester
- Hours can be completed via teletherapy or phone

All plans include weekly emails to parents and students on independence-building. Session scheduling is flexible to work around busy student schedules.

## Contact Cindy today.

**Cindy Pond, LCSW, PLLC**

**Office** | 106 Main Street | Geneseo, NY 14454

**Confidential phone** | 585-786-0150

**Confidential email** | cindy@cpond.com

**Find Cindy on Facebook** | CindyPondLCSW

For more information and contract deadlines, please visit [www.cpond.com](http://www.cpond.com)

