

# Counseling 101

Muslim  
American  
Society  
Social  
Services  
Foundation



This workshop will answer the following questions:  
What is counseling? What is the goal of counseling?  
What happens in a counseling session? How does  
counseling help families and individuals? What are  
true and what are false ideas people have about  
counseling? How can we reduce the stigma  
associated with mental health and counseling?



[www.mas-ssf.org](http://www.mas-ssf.org)

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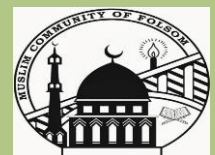
[info@mas-ssf.org](mailto:info@mas-ssf.org)

**Date:** Friday, August 3<sup>rd</sup>, 2018

**Time:** Program will start promptly after Maghrib Prayer

**Location:** Muslim Community of Folsom  
391 S Lexington Dr., Suite 120,

Folsom, CA 95630



In Partnership with: