

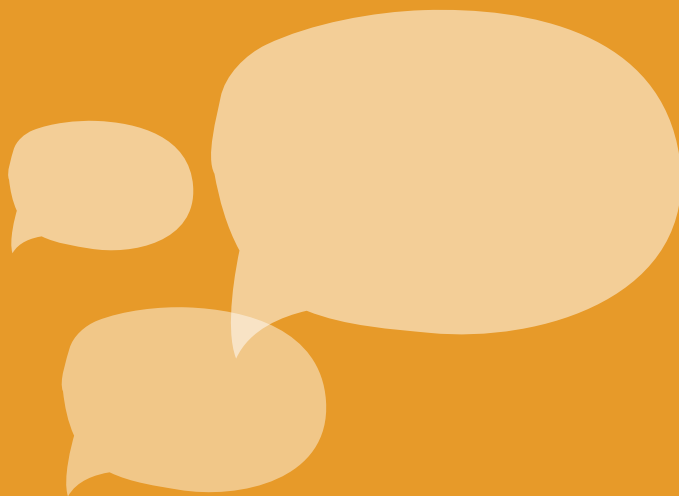
# CAN'T DIG yourself OUT?

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## Want a hand?

Whoever you are  
and whatever the problem,  
the College Counsellors are  
here to support you.

To book your appointment email:  
counsellors@havering-college.ac.uk  
Or call: 01708 455 011  
ext 2035 (Ardleigh Green campus)  
ext 4043 (Quarles & Rainham campuses)



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