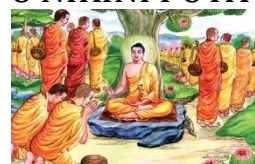
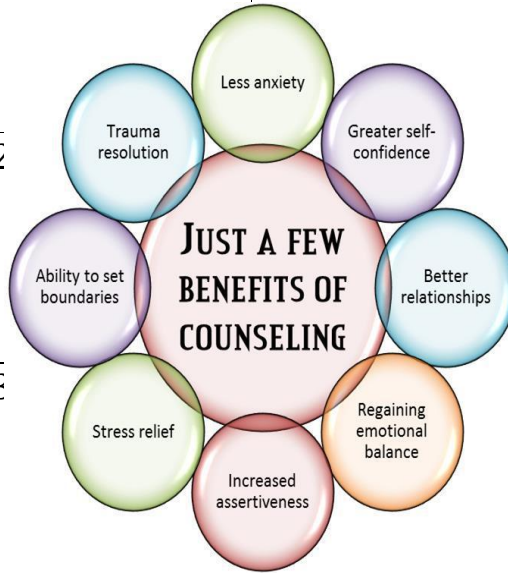


Notes: This is a tentative time schedule for the month of August 2025. This can be changed due to the unavoidable circumstances of clients, counselors, university, or country. Therefore, please contact the counselor and make an appointment before you visit. It would avoid the inconvenience or waiting time you may occur.

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kalyani Jayasinghe- 071 440 2430 @ FMSC – 9.00 - 15.00 P.P.U. Lakmali- 071 573 5470 @ FMSC – 8.30 -14.30 Mr. Tharaka kariyawasam– 071 458 8999 @ FMSC – 8.30 – 14.30 Kasun Wijethilake - 077 354 9028 @ FEng & FTech – 7.30 -16.30 Rasika Manohari- 071 430 6249 @ FAS – 9.30 -15.30 Ishan Edirisooriya- 071 401 8383 @ FAS - 9.30 -15.30				1 Mr. Tharaka Rasika Manohari Ishan Edirisooriya Kalyani Jayasinghe Kasun Wijethilake @ FTech		Signs you may need a counselor You may be: • Feeling anxious • Generally feeling overwhelmed with everything • Overthinking and feeling as though you're unable to 'switch off' from your thoughts • Feeling low and more tearful than usual • Getting angry more easily or struggling to regulate your emotions • Sleeping more or less than usual • Eating more or less than usual • Avoiding socializing with other people • Uninterested in activities or hobbies you used to enjoy doing • Struggling at work, university or school • Feeling hopeless and as though there's no way out • Using substances such as drugs or alcohol to help you get through the day • Having thoughts of harming yourself or feeling as though you don't want to be here anymore
4 Mr. Tharaka Ishan Edirisooriya	5 Rasika Manohari Ishan Edirisooriya Kasun Wijethilake @ FEng.	6 Rasika Manohari Kasun Wijethilake @ FTech	7 Ishan Edirisooriya P.P.U. Lakmali Kasun Wijethilake @ FEng.	8 NIKINI POYA 		
11 Mr. Tharaka	12 Rasika Manohari Ishan Edirisooriya Kasun Wijethilake @ FEng.	13 Rasika Manohari Kasun Wijethilake @ FTech	14 Rasika Manohari Ishan Edirisooriya P.P.U. Lakmali Kasun Wijethilake @ FEng.	15 Ishan Edirisooriya Mr. Tharaka Kalyani Jayasinghe Kasun Wijethilake @ FTech		
18 Rasika Manohari Mr. Tharaka Ishan Edirisooriya	19 Rasika Manohari Ishan Edirisooriya Kasun Wijethilake @ FEng.	20 Rasika Manohari Kasun Wijethilake @ FTech	21 Ishan Edirisooriya P.P.U. Lakmali Kasun Wijethilake @ FEng.	22 Mr. Tharaka Kasun Wijethilake @ FTech		
25 Rasika Manohari Mr. Tharaka Ishan Edirisooriya	26 Rasika Manohari Ishan Edirisooriya Kasun Wijethilake @ FEng.	27 Rasika Manohari Kasun Wijethilake @ FTech	28 Ishan Edirisooriya P.P.U. Lakmali Kasun Wijethilake @ FEng.	29 Mr. Tharaka Kalyani Jayasinghe Kasun Wijethilake @ FTech		