

An education means a brighter future!

Attending school gives your child the opportunity to:

- Gain knowledge and skills for future success
- · Discover new interests
- Develop positive relationships
- Lean how to manage time
- Lean how to set goals and reach them!
- Prepare for college and career

Make school a priority!

Students, I am here to help you with:

- Working out friendship problems
- Setting goals
- Getting along with others
- Feeling good about yourself
- Adjusting to a new school
- · Learning how to make decisions
- Managing your feelings (stress, worry, anger, sadness)
- Dealing with peer pressure and bullying

Parents, I am available to assist with:

- Exploring ways to help your child succeed
- Improving parent-child communication
- Referrals for community resources
- Information to help you understand your child's special needs
- Communicating with you regarding academic or personal/ social difficulties your child may experience.
- Assistance in dealing with challenging behaviors at school and at home

Services Provided:

- Classroom Presentations
- Group Counseling & Lunch Bunches (social/ coping skills, grief, divorce, and study skills)
- Brief Solution-Focused Individual Counseling
- Parent Consultations
- Teacher Consultations
- Classroom observations and support with behavior management
- Community Resource Referrals
- Crisis counseling

*Please note that School Counselors do not provide "therapy" or "traditional counseling."



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