Hello, Class of 2028!



Your 8th grade counselor is Mrs. Gambill.

Her office is in the counselors’ complex on D hall by the cafeteria.

School counselors can help you with:

Feeling bullied

Finding a tutor

Organization

Anxiety

Career and high school planning

Self-esteem

Anger

Depression

Friendship & relationship problems

Improving your grades

Problems at home

Your conversations with Mrs. Gambill are **CONFIDENTIAL** unless:

* Someone is hurting you.
* You want to hurt someone.
* You want to hurt yourself.