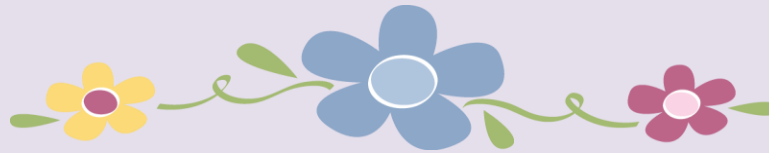


School Counseling Services



Individual Counseling: Students may be referred for individual counseling by parents, school staff and by seeking the school counselor out on their own. The school counselor can meet with students short-term to help support them with school stressors, family issues and any other academic and social/emotional issues they are facing. Students who would benefit from more intensive counseling services may be referred to our part-time school social worker and/or our school based therapist who is here one day a week.

Small Groups: Small groups are offered throughout the year. Groups that focus on social skills, friendship, stress management, and changing families are often the most popular. I also have "lunch bunches". This is an opportunity for students to make new friends and also allows for me to get to know the students better. I am open to small group suggestions at any time.

Classroom Guidance: The Second Step and Know Your Body Curriculums are used with students in kindergarten through fourth grades. These curriculums support students development of empathy, self-control, decision making and goal setting. Classroom guidance lessons with students in fifth through eighth grades include education around topics such as bullying and harassment (Steps to Respect Curriculum), career education and drug and alcohol awareness.

Resources to Share: The school counselor's office is home to many resources (books for children and adults, lists of counselors & outside supports). Please feel free to borrow these at any time.