



AVAILABLE COUNSELING SERVICES



Classroom Guidance Lessons (Second Step)

Each classroom receives one half-hour guidance lesson each week for the entire school year. Topics vary by grade level, but the overall themes are skills for learning, empathy, emotion management, and problem solving. Please visit your child's grade level under the Second Step tab for more detailed information.

Individual Counseling

Individual counseling sessions are initiated by referral from teachers, parents, staff, or administrators. They are a means to provide support and skill-building for coping with family stressors, academic struggles, and personal issues. Services are provided during the school day, once a week for approximately 30 minutes, free of charge, and voluntary. Sessions are conducted for 8-10 weeks. Topics may include expressing feelings, self-esteem, problem-solving, communication skills, or making choices. Sessions and topics are tailored to meet the individual needs of the student.

Small Group Counseling

Counselors organize and lead small group counseling sessions based on building resilience and providing support for students experiencing similar problems. Students can be recommended for small group counseling by administrators, teachers, or parents. Small group counseling sessions will be conducted weekly for 8-10 weeks and are based on student needs and schedules. Small groups can consist of 2 to 6 students. Topics and themes are chosen to meet the specific needs of the participating students.

Counseling Crisis Situations

When a crisis occurs that impacts students or staff, counselors will provide classroom support or individual counseling, as needed.