A Note from your School Counselor

Students,

We are missing you during this time! New things can be scary and it is okay to feel these emotions. We want to encourage you to move each day, read each day, help others in your house, and to think positive. If your emotions become to big we want to encourage you to use the strategies below to help regulate yourself. We are here to support you as needed and can not wait to return back to school with you.



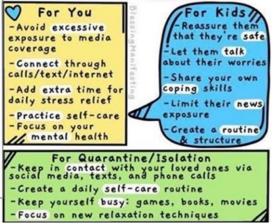
Fun Post-Secondary Awareness Activites:

https://www.youvisit.com/collegesearch/

https://www.tn.gov/gearuptn/outreachresources/path-to-college.html



MANAGING CORONA VIRUS (COVID-19) ANXIETY



Families,

This time of uncertainty can bring up many feelings for the children in your home as well as the adults.

We want to provide you some easy resources and strategies to help ease these feelings.

We also are available if the need arises for us to schedule a time to talk to your student. Please see the email for your school counselor below.

We are here to help navigate this path alongside you as we are all learning through this time.

Please reach out to any of us or the other attached resources as needed.

Contact Information: CENT- <u>mspann@dcstn.org</u> CES- <u>hmcconnell@dcstn.org</u> DES- <u>gbrooks@dcstn.org</u> OES- <u>braynor@dcstn.org</u> SBES- <u>mmaddox@dcstn.org</u> SCES- <u>aturk@dcstn.org</u> TDS- <u>jchristian@dcstn.org</u> VES- <u>apalmore@dcstn.org</u> WBES- <u>jlankford@dcstn.org</u>

Outside Resources: Dickson County Help Center: 615-441-0076 Mobile Crisis: 855-274-7471 Central Office: 615-446-7571