



Counseling Corner

Week of 4/13/2020

Dear Families,

Together, we are facing challenges that we have never before faced. Our way of life has changed quickly, we are facing a lot of unknowns, we are adjusting. We have abandoned our routines and accepted new roles. We are living new lives as we try to keep our families safe and healthy. We are following new rules. All of these adjustments can be difficult, putting strains on marriages, increasing tensions with children, and they can cause uncertainty and stress. Please be assured, that mental health is just as, if not more important than physical health, as they are interconnected. If you have thought during this time, "I don't feel normal." It is Okay; none of this is normal. Please be encouraged to reach out for support. Our traditional support systems are closed; schools, barbers, hairdressers, jobs, and churches are closed. Please be encouraged to find new ways of reaching out. This is a link to some resources you may find helpful.

<https://docs.google.com/document/d/1sTReprZmFMVrLF8jrOWubFtdUvxCOEQev07qfj5AYh4/edit?usp=sharing>

If your child would like to talk with one of the counselors, please have them email their counselor and we will get back with you as soon as possible.



15 ways we can help kids who are **WORRIED ABOUT CORONAVIRUS:**

@counselorkeri

If you need to contact one of the counselors here are the emails:

Melba Holloway: mdholloway@pelhamcityschools.org

- 6th grade
- 7th grade (last names) A-L

Laura Cochran lcochran@pelhamcityschools.org

- 7th grade (last names) (M-Z)
- 8th grade

Healthy Coping Strategies!

These are some great videos from famous people talking about their Natural Highs!:

https://naturalhigh.org/playlists/nh-distance-learning/?utm_source=email&utm_medium=referral&utm_campaign=coronavirus&utm_content=distance_learning_playlist