

January

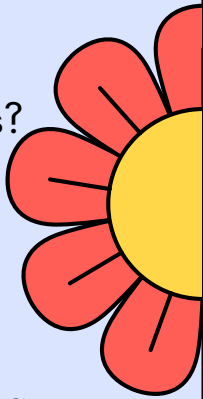
# COUNSELOR CORNER

Hello from your counselors, Veronique Lilienthal & Teresa Padgett!

Happy New Year from your counselors!

What are some ways that counselors support students?

- individual counseling
- small group counseling
- classroom lessons
- schoolwide programming



## Our Programs:

- Cougar Connectors - peer mentors for new students
- Cougar buddies - 6th grade peer mentors for younger students
- MentorWorks - staff mentor program
- Paw Pals therapy dogs

## January/February Lessons topics:

- Self esteem/self love
- Being Inclusive
- Empathy
- Test taking strategies

## Veronique Lilienthal

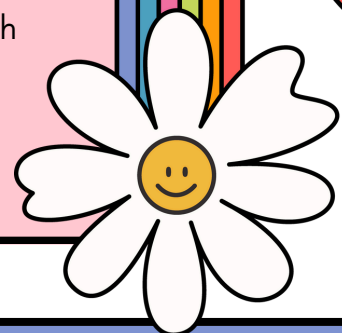
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## Upcoming dates:

- January 6th: Welcome back!
- January 15th: Longfellow Curriculum Night for Rising 7th graders
- January 17th: AVID presentation for 6th graders
- January 17th: Paw Pals therapy dog program
- January 23rd: Parent Coffee: SEL strategies



# RESOURCES

- [FCPS Family Resource Center](#)
- [FCPS School Counseling Services](#)
- [Mental Health & Crisis Support](#)
- [Student Wellness](#)
- [Additional Parent Resources](#)
- [SEL Screener Webpage](#)

