

# + COUNSELOR NEWSLETTER



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## Reminders



+ My conference hours are 8AM-3PM, Monday, Wednesday & Friday

## MEET THE COUNSELOR

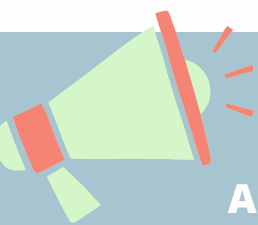
**MS. GIANNA SEITZER, MS CMHC, MBSR, MBCT.**

Hello! I am Ms. S, the mental health counselor/social worker at SJS! I have a master's degree in clinical mental health counseling, and will be working with students in a variety of ways, to help students be successful academically, socially, and personally.





"LIFE IS NOT ABOUT  
WAITING FOR THE  
STORM TO PASS,  
IT'S LEARNING TO  
DANCE IN THE  
RAIN."



## August Announcement

I went into your child's class this week to introduce myself & talk to them about my services and how I can support them. Additionally, we discussed the use of the student self-referral form that students can use whenever they would like to meet with me. Parents can also request my services as well!

## The Benefits of Counseling

*I AM HERE TO HELP ALL OUR STUDENTS SUCCEED IN SCHOOL.*

It's that simple! I can do this in a number of ways - in order to do well in school, students may need assistance with their social, emotional, or academic needs during the school day. My comprehensive and cognitive behavioral counseling program is designed to meet these needs through the following services: individual sessions, group counseling sessions and family sessions.

- **Individual sessions:** I can meet with students to discuss any number of concerns. Students can self-refer to me by communicating with their teacher to come to my office, or filling out a student self-referral form. Parents can also request that I meet with a student. I will provide you with an "appointment slip" on the morning of the meeting, and if necessary, coordinate a good time to meet. For the most part, I will come to pick them up, but there may be some times they will come directly to my office.
- **Group Counseling Sessions:** I meet with groups of students for structured, scheduled group sessions that focus on a particular skill, like strategies for academic success or stress management techniques. I will offer one series of the group sessions in the fall and another one mid-winter. We meet once a week typically, for 7-10 weeks. Parents and teachers are welcome to recommend any students for the program if you think they would benefit from the experience.
- **Family Counseling:** When there are concerns at home, or within the family dynamics, I offer family sessions to help guide the family into improving communication, solving family problems, handling special family situations, and creating a better functioning home environment.

In addition, I work with parents and outside professionals to ensure that students' needs are met in the school setting.