

January Newsletter



BLESSED SACRAMENT
CATHOLIC SCHOOL

Welcome to the Counselor's Corner!

What's New!

We will begin sending out Monthly Newsletters. Important information will be shared in these newsletters such as announcements, upcoming events, and tools & techniques that you can take home and utilize with your child and family.



Coffee Chats

This will be an opportunity for parents to stop by and see our office space as well as ask any questions that you may have about our counseling services!

Date: Thursday, February 8th

Location: Building A, 2nd Floor

Time: 8:30am-9:30 or 2:30pm-3:30pm

RSVP HERE

Crucial C's

We will begin a new segment called the Crucial C's where we will go over the 4 Key Components; Connect, Capable, Count, and Courage. These skills are used to address the emotional needs of our children and foster a sense of belonging.

Up & Coming

We will begin small groups in February. What are small groups? Small groups provide support and guidance to students who share similar challenges or goals. Small group counseling allows us counselors to address the unique needs of each student in a more focused and interactive setting.

SPOTLIGHT



Meet our new School Counselor, Mrs. Ashley G. Casas Pineda. Feel free to stop and say hello if you see her!



CONTACT US

Mrs. Ashley G. Casas Pineda; Pre-K 3- 4th
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Coffee Chats

This will be our first Counselor Coffee Chat!

This will be an opportunity for parents to stop by and see our office space as well as ask any questions that you may have about our counseling services! Enjoy this informal presentation along with some light refreshments.

Date

Thursday, February 8th

Location

Building A, 2nd Floor

Time (2 options to choose from)

8:30am-9:30am or 2:30pm-3:30pm

RSVP Here:

<https://forms.gle/zaLqNHUsbC5SikBX6>