

WHY IT MATTERS?

School counseling is essential for students' holistic development, influencing various aspects of their lives. Key reasons include aiding academic success by guiding students through challenges and career exploration, addressing emotional well-being through stress management and coping strategies, providing crucial social skills and relationship support, promoting inclusivity and equity, providing crisis interventions, contributing to a positive school climate, and assisting in the development of essential life skills.

Ultimately, school counseling plays a vital role in preparing students for a successful and fulfilling future.

At Blessed Sacrament, we work to provide support and information to create a more belonging and safe environment.



CONTACT US!

Mrs. Ashley G. Casas Pineda
Pre-K 3- 4th
acasas@blessedschool.com
Google Voice: (210) 281-1296

Mrs. Marisol Rodriguez
5th - 8th
mrodriguez@blessedschool.com
Google Voice: (210) 526-1497

What you need
to know about
your

SCHOOL COUNSELORS



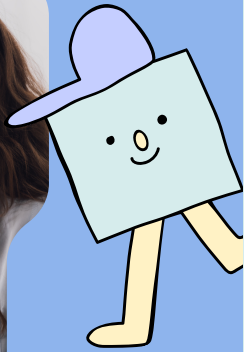
**BLESSED SACRAMENT
CATHOLIC SCHOOL**



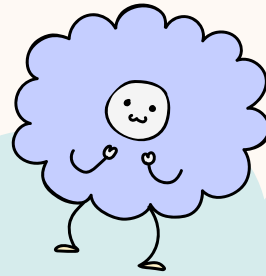
Random Acts of Kindness Week falls
on the 2nd week of February!

ABOUT SCHOOL COUNSELING

School counseling is a specialized field within education that focuses on providing support and guidance to students to enhance their academic, social, and emotional development. School counselors work in elementary, middle, and high schools, as well as other educational institutions. The counselors primary goal is to help students overcome challenges, make informed decisions, and develop the skills needed for personal and academic success.



OUR SERVICES



Classroom Guidance

These lessons equip students with essential life skills but also promote a collaborative and supportive classroom culture, enhancing overall student well-being and success.



Individual Counseling

Counselors provide one-on-one counseling to empower students, fostering personal growth and resilience to navigate the complexities of academics, relationships, and life transitions.



Small Groups Counseling

Small group counseling facilitates peer support, fostering a space where students can learn from one another and develop strategies for personal and academic success.



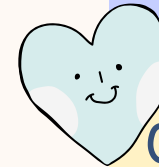
There is only one world and all people without exception are part of it.



School Counselors also support school wide activities such as:



RED RIBBON WEEK



CHILDREN'S MENTAL HEALTH AWARENESS DAY

RANDOM ACTS OF KINDNESS WEEK

SOLIDARITY/ UNITY DAY