

## COUNSELOR'S CORNER

### News from Your School Counselor

Hello Wildcats and a belated Happy Mother's Day to all mothers! Several parents have reached out to me about problems setting an appointment with me using the link below. I believe that those issues have been resolved so please try again if we have not already scheduled an appointment.

At the end of April, over 100 parents in the district attended an online presentation by Dr. Jeffrey Bernstein. The presentation was titled "Coping with Covid-19" and Dr. Bernstein had many excellent suggestions and resources for parents. Below is a link to the presentation that also includes handouts for parents.

<https://www.wcasd.net/Page/12761>

Second Step has also added some excellent resources for parents and students. The link to access those resources is below.



[Ways to Cope in Trying Time](#)

Finally, here is a link to another great story for your younger child(ren).

[https://docs.google.com/presentation/d/1w\\_HycSdKlqdVJCH15wer1ZecrU75Mlkx-8KCPvRyM38/edit#slide=id.p](https://docs.google.com/presentation/d/1w_HycSdKlqdVJCH15wer1ZecrU75Mlkx-8KCPvRyM38/edit#slide=id.p)

As always, please let me know if I can be of any assistance to your child(ren) or you.

Peggy Blaker, School Counselor

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<https://calendly.com/margaret-blaker-school-counselor/30min>