

ADHUS/FAUHS COUNSELOR CORNER

Conversations with your school counselors.



During times of change...

Coping skills are essential for you and your children. We know it's not always easy but we are hopeful that some of this information will help.



Emergency Hotlines

Dial 211 directly and they can link you to your area Mobile Crisis and provide information regarding other area resources (food, housing, etc.).

Dial 911 for any immediate emergencies.

Dial 1-800-962-2873 for the Department of Children and Families

Suicide Prevention Hotlines:
1-800-SUICIDE

Dial 561-297-3540 for FAU Counseling and Psychological Services (CAPS). Offered to students in 9-12th grade.

K-5

Elementary

How Parents Can Help Children Cope

6-8

Middle

How to Cope with Anxiety about Coronavirus

9-12

High

Coping With Stress During Infectious Disease Outbreaks

Parents click link for more helpful tips from Psychology Today: [CLICK HERE](#)

Give yourself grace.

“This is not the time to be looking at your parenting manual and expecting yourself to be a top performer.”

Dr. Pooja Lakshmin, M.D.

Contacting Your School Counselors

How you can reach us and how we can help!

Christine Abreu

Kindergarten-5th Grade

6th-7th Grade

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Maegan Renee

7th Grade-8th Grade

9th-12th Grade

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What to expect from our weekly newsletters...

- Look for parent resources on page 1 of our newsletter.
- Look for engaging Social Emotional Learning (SEL) lesson opportunities on page 2 for your children (K-12) starting on 04/06/2020.
- Videos on SEL topics for students and families.
- Relevant articles on SEL/Mental Health topics for parents.
- Information regarding upcoming support group opportunities for grades 4-12.

Be on the lookout for our School Counseling
Weekly Newsletter every Monday!

Best way to reach us...

- Via email (we will get back to you within 24 hours, Monday-Friday).

*Until Next Week...Take Care,
Ms. Abreu & Dr. Renee*

