

ADHUS/FAUHS COUNSELOR CORNER

Conversations With Your School Counselors

Parent Education



Parent education is so important. With so many new changes and adaptations, staying up to date with how to help you and your children can help in fostering your family relationships, managing emotions, and in communicating. This week we hope that these added resources act as a guide in helping facilitate some important conversations or just add to your library of knowledge.

K-12 Parent Coffee Talks

By: Ms. Abreu, Dr. Renee, and Ms. Osman

- **[Link Here](#)**: Recording password is not required.
 - Supporting your child through new changes.
 - Identifying signs your child may need additional support.
 - Preparing students for return to school.
- Please click on this **[Parent Feedback Form](#)** to give us your feedback and let us know if virtual and/or recorded webinars will work in the future.



Emergency Hotlines

Dial 211 for Mobile Crisis and other resources.

Dial 911 for emergencies.

Dial 1-800-962-2873 for the DCF

Suicide Prevention Hotlines: 1-800-SUICIDE

Dial 561-297-3540 for FAU CAPS. Offered to students in 9-12th grade by Ms. Osman:
osmana@health.fau.edu



Parent Webinars & Resources

[Sandy Hook Promise](#)

[Be Strong Families](#)

[Teachstone](#)

[ACT.org](#)

[Mental Health America](#)

[HealthyChildren.org](#)

“Parents are teachers, guides, leaders, protectors and providers for their children.”

— IYANLA VANZANT

How to Contact Your School Counselors



WE ARE STILL OFFERING CHECK-INS AND ADDED SUPPORT!
PLEASE REACH OUT TO US IF YOU OR YOUR CHILD NEEDS!



Elementary (K-5)

Christine Abreu

Kindergarten-5th Grade: If you feel your child may benefit from a Zoom check-in with me to discuss any academic or emotional supports, please email me to schedule a meeting.

5th Grade Only :

- Join our last Wellness MeetUp this Tuesday at 1:00pm.

Middle (6-8)

Maegan Renee or *Christine Abreu*

If your child may benefit from a Zoom check-in with us to discuss any academic or emotional supports, please email us.

Grades 6-8:

- Join our last 6-8 Wellness MeetUp this Friday at 10:30am.



High (9-12)

Maegan Renee

- Join FAUHS Wellness MeetUp with Dr. Renee and Ari again this Thursday at 1:30pm.
- Please email me to schedule a check-in or discuss summer transitions and supports.

"ONE OF THE GREATEST GIFTS A PERSON CAN GIVE ANOTHER, IS SUPPORT!"