

ADHUS/FAUHS COUNSELOR CORNER

Conversations With Your School Counselors

Have a safe and happy summer!

Summer is almost here! What a school year it has been! We know you've been practicing a lot of safety tips related to COVID-19, but we wanted to share some general summer safety tips not to be forgotten! We hope you also check out our Counselor Coffee Talk webinar from last week ([link here](#)), as we share more tips about transitioning into summer and even the following school year!



Want more tips on ensuring you and your children have a safe summer? Read the article below, provided by the CDC, for more information!

[Safe Summer for Kids and Families](#)

For some fun ideas on how to build a "summer bucket list" with your family, click on the link below!

[Summer Fun Ideas](#)



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



Summer Safety Tips Links & Resources

[Florida Specific Safety Tips](#)

[6 Ways to Take Care of your Mental Health this Summer](#)

[Healthy Summer Time Habits for Kids](#)

A Note From Your School Counselors

❤️ THANK YOU FOR AN AWESOME YEAR FILLED WITH LOVE AND LAUGHTER! ❤️

Dear K-12 Students,

This year has been the most amazing yet. It was a difficult transition for us all to go from being in school to learning and working online from home, but you did great! You stayed on top of your school work and you checked in with us. We loved seeing you in our check-ins and some through our wellness group meetings. And we loved the participation we received from you all through our online activities. We are just so proud of the mental health and SEL lessons you chose to complete. We know you may have experienced some disappointments with the end of the school year celebrations and events, but we hope you started some new traditions and made some great new memories. This summer, take the time to relax and practice healthy habits. Remember things like staying connected with friends and family members, maintaining routines, exercising, eating healthy, and talking to a trusted adult if you are ever having a tough day!

**Love Your School Counselors,
Ms. Abreu & Dr. Renee**

