



Finn Hill Falcon Counseling Connection

Falcons Helping Falcons

Ways to Help:

- ◇ Donate to our "Essentials Drive". We are collecting personal hygiene and household products to support families in need. Donations can be brought to Finn Hill on Fridays between 11:00-1:00 or you can contact Mrs. Doughty (kdoughty@lwsd.org) to arrange another time to drop off items.
- ◇ Donate to the Kirkland Nourishing Network as they prepare to provide grocery gift cards to families over the November and December breaks. [Click here to donate](#)
- ◇ Support Lake Washington Schools Foundation as they provide weekly pantry packs of non-perishable food for families [Click to donate](#)

8th Grade High School & Post High School Planning Night

Students, parents, and guardians, please join us to for an evening presentation about preparing for high school and beyond.

Topics included, but not limited to:

- Which classes to take in high school
- Learn about the different post high school pathways

When: Tuesday, December 8th

Time: 7-8pm

Brought to you by your Finn Hill Counseling Team

Invite link to be sent at a future time

King County Tutoring

The King County Library system is now offering free online tutoring for students K-12. Check these links:

[General Tutoring Information](#)

[Specific STUDY ZONE PLUS Information](#)

Small Groups

Mrs. Lee will be running a small group which will meet once per month. This group is for students who have siblings with special needs. If this applies to your student and you would like your student to participate in this group, or you have any questions/concerns, please reach out to Mrs. Lee directly at gvecchiet@lwsd.org.

Self & Student Care Corner

Tips to Support Your Student and You, Too, Through These Difficult Circumstances

This month:

- * The HOME Method—Emotional Wellness Ideas



- * TeenLink—A Crisis Connection for Teens

website: www.teenlink.org

email: teenlink@crisisconnections.org

phone: 866 TEEN LINK or 866 833-6546 (toll free)



Your School Counselors

Camila Larson—A-K
Mondays-Fridays
clarson@lwsd.org

Gail Lee—L-Q
Mondays, Wednesdays, Thursdays
gvecchiet@lwsd.org

Kirstin Doughty—R-Z
Tuesdays, Wednesdays, Fridays
kdoughty@lwsd.org

Finn Hill Counselor Website [CLICK HERE](#)

Local Supports and Resources

- ⇒ District Grab & Go Meals [CLICK HERE](#)
- ⇒ Community Resources [CLICK HERE](#)
- ⇒ Hopelink General Help [CLICK HERE](#)
- ⇒ Hopelink Food Banks [CLICK HERE](#)
- ⇒ Energy Bills (PSE) [CLICK HERE](#)
- ⇒ District Child Care Locations [CLICK HERE](#)

Finn Hill Resources

For Direct Finn Hill Supports [CLICK HERE](#)