

Meet your counselor!!



My name is Mrs. Elizabeth (Liz) Herlinger is a graduate of Frostburg State University. I received both my Bachelor's in Psychology, and her Master of Education in School Counseling at FSU.

J.C. Parks has been my home since 2016, and I am happy to be back for another year. When I am not a counselor, I am portraying different time periods as a historical reenactor.

I am eager to work with my students again, and I am looking forward to another great year!

What Do School Counselors Do?

- **Individual Counseling**
 - I meet with students to discuss any issue they have and help them resolve it.
- **Group Counseling**
 - I do group sessions with students that are going through the similar situations.
 - I will also do mediation between students, if it is deemed necessary.
- **Classroom Guidance Lessons**
 - I go into ALL classrooms once a month to teach the students various topics.
- **Referrals to Tri-County Counseling**
 - I am not a clinical therapist, but I do offer support to the students, parents, and staff.
 - At times, I may make referrals to our outside agency, Tri-County Youth Services Bureau, for extra counseling support.
- **Programs, Events, and Much More!!**



How Can Parents Help?

- Keep me in the loop!
- Be proactive!
- If you notice something is up and would like me to address it, let me know!
- I am not a mind reader! (I wish!!)
 - The more information I have, the better I can serve you and your child.

Types of Issues Might I Address

- Organization
- Self-Esteem
- Friendships
- Anger
- Shyness
- Grief
- Behavior Issues
- Problem Solving
- Academic Concerns
- Handling Changes
- So Much More!!!

FAQ's

- **Will you tell me when you speak to my child?**
 - *Not every time. I will only contact you if it is necessary or if I feel that the student or someone else is in danger.*
- **What is your confidentiality policy?**
 - *What is said to me stays with me unless the student discloses that they want to harm themselves, others, or someone wants to harm them.*
 - *If these are said, then I have to let someone else know.*
- **If my child is in your office, are they in trouble?**
 - *Not necessarily. They come to me when something is going on that is impacting their education or personal life.*

How Can the Counselor Be Reached?

By Phone: You can call J.C. Parks Elementary School at 301-753-1763 and ask to speak to Mrs. Herlinger. I will respond to voicemail within 48 hrs.

By Email: You can reach Mrs. Herlinger at herlinger@ccboe.com

By Appointment: You can always request a meeting with your child's counselor.

By Dojo Message: I am connected to your child's class, so I can be reached through that as well.



J.C. Parks ES School Counseling Department



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