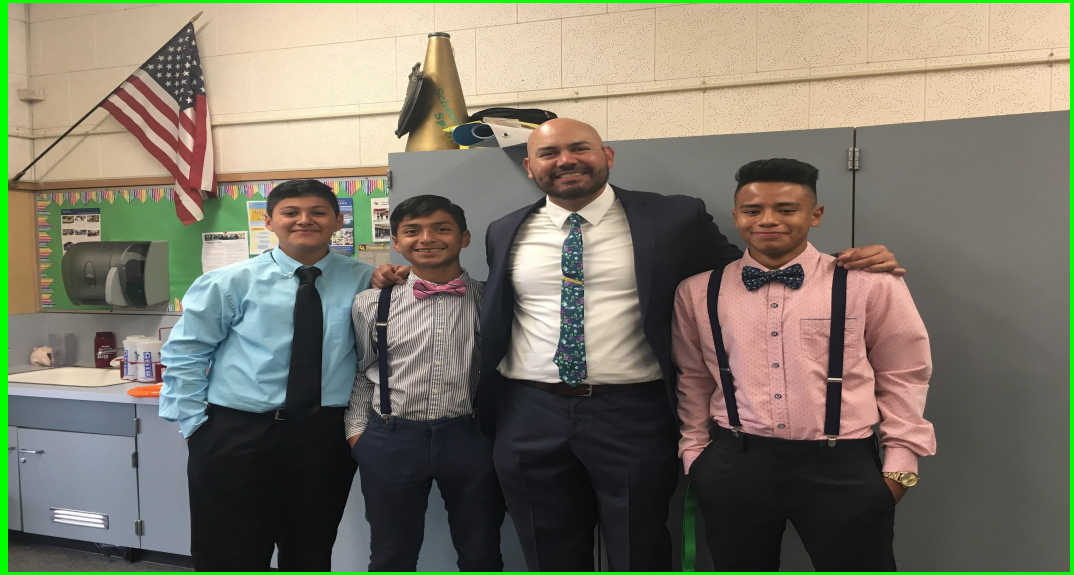


**MR. LOPEZ
COUNSELOR**

**" I AM HERE
TO HELP, YOU!"**



HOW CAN I HELP YOU ?

PLANNING YOUR FUTURE !

**GOING OVER YOUR GRADES AND
ENROLLING IN PROGRAMS AT SPARKS!**

**WORKING WITH 8 GRADE STUDENTS TO
MEET DISTRICT PROMOTION CRITERIA !**

PLANNING FOR HIGH SCHOOL!

APPLYING FOR SCHOLARSHIPS



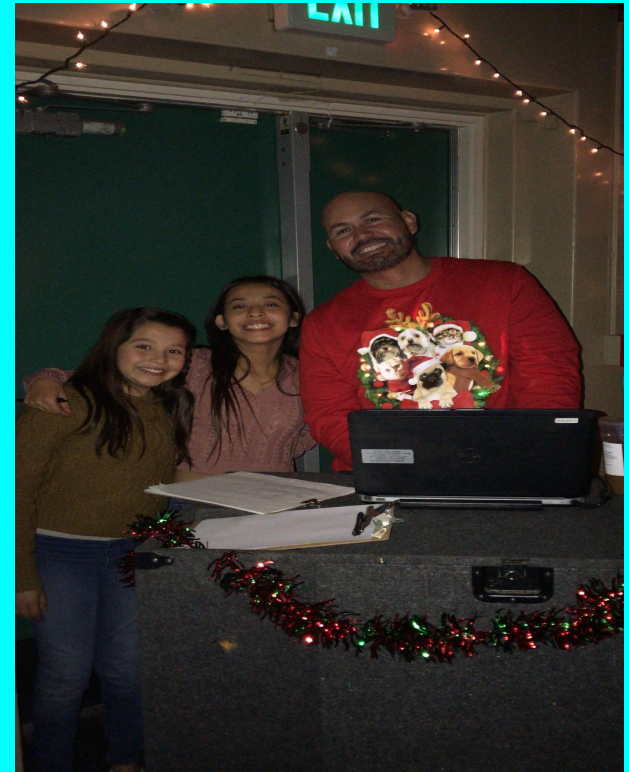


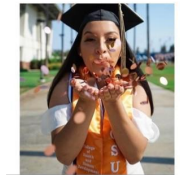
**CAREER AND
COLLEGE
INFORMATION !**

**CONFLICT
RESOLUTION!!!**

DJ!!!!

**COMMUNITY
OUTREACH!**





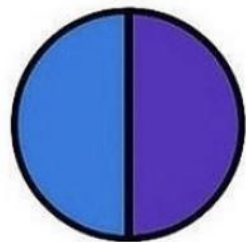
“

I have to put my pride aside. I have to do what's right for me and focus on my mental health and not jeopardize my health and well-being. That's why I decided to take a step back.

Simone Biles



What I learned in School

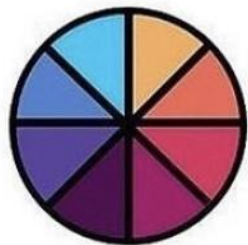


How to multiply 8 x 7



What 'H2O' stands for

What I wish I learned in School



Importance of
Mental Health



Self Care



Mindfulness



Emotional
Regulation



Self Esteem



About personal
finances



Reframing
Negative Thoughts



Importance of
Sleep



“I finally realized that owning up to your vulnerabilities is a form of strength. And making the choice to go to therapy is a form of strength.”

LIZZO



“I found that with depression, one of the most important things you could realize is that you’re not alone. You’re not the first to go through it; you’re not going to be the last to go through it.”

THE ROCK



My hopes and dreams are...

People I trust



I will relax by...



This is my self-care plan

Today I pledge that I am ready to take charge and begin to care for my mind, body and spirit.

The first step is creating my self-care plan.

I will revisit my plan on

to track my progress.

I will stay happy by...



I can stay healthy by...



Ways I can be a good friend...



I will feed my spirit by...





your feelings
are valid

PEOPLE WHO CAN HELP !!!

DR. KIM TOSA

MISS. GARCIA SCHOOL PSYCHOLOGIST

MISS ZAPATA NOON AIDE

YOUR TEACHERS, OR MISS GALVIANES OR

MISS SHIN



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Sparks Middle School

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