

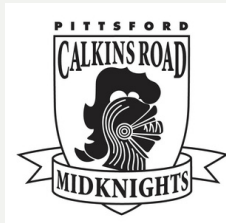
If you have any feedback, or any topics you'd like to learn more about in this newsletter, please reach out via email.

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Counseling Groups

I have been offering a variety of counseling groups for students at Barker and Calkins, including groups focused on stress and anxiety, the transition to middle school, social skills/friendship issues, family changes, and others. Groups take place during a non-core class during the school day. They are a great way for students to learn about mental health topics and connect with their peers. If you think your child might benefit from a group, please reach out!



Here are a few articles and videos you might find helpful this month:

- [The Effects of Social Media on Teenagers](#)
- Child Mind Institute recently did a roundup all about [how to help kids get \(and stay\) organized](#). They have tips for managing messy rooms and homework stress and explore the executive function of working memory.
- [7 Ways to Help Teens Learn from Mistakes](#)
- This [5-minute video](#) shares some helpful strategies for parenting anxious children.



Attitude of Gratitude

November is a great time to remember the importance of **gratitude**: thankful appreciation for the many good things we each have in our lives, big and small. [Research shows](#) that regularly showing gratitude can help people have all sorts of physical and mental health benefits.

Consider establishing a family gratitude practice where you and your children name specific things you are grateful for at the dinner table, in a family journal, or on the morning drive to school.