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

margaret\_craig@pittsford. monroe.edu



## **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 noncore 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 <u>5-minute video</u> 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.