

Counselor's Corner

COUNSELING SUPPORTS FOR 2024-2025

Welcome to Whittier

Where we Aim High
With Dignity

School Counselor Contact
Brenda Thomas
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801-481-4846 ex 131
Text only: 385-313-8303

INDIVIDUAL SUPPORT

SCHOOL COUNSELOR

The school counselor can offer monthly check-ins with students, or short-term support (six consecutive sessions) with things like: school anxiety, friendship and social skills, emotions, grief, and attendance. Please email the counselor or fill out a permission form to have the counselor work with your student.

INDIVIDUAL SUPPORT

SOCIAL WORKER

Our school social worker, Sophia, can meet with students weekly for 12-18 weeks about: traumatic events, grief, incarcerated family member, disordered eating, self harm, suicidal ideation, substance use, and/or experiencing homelessness.

INDIVIDUAL SUPPORT

ODYSSEY HOUSE

Our district has partnered with Odyssey House to provide long-term counseling supports to elementary students through telehealth. You can find out more by looking up Odyssey House on the district website or [here](#).



COUNSELING GOAL

Help meet the social, emotional and mental health needs of all students so they can access their education, through individual therapeutic support, group work, and school-wide SEL supports.

Classroom Lessons

The school counselor teaches monthly lessons about topics that are applicable to all students, including:

- Bullying, harassment, and discrimination
- Emotional regulation
- Problem-solving
- College and Career

These lessons will include various instructional videos and children's books.



SMALL GROUPS

The school counselor, social worker and other facilitators provide the following small groups at Whittier:

- Children in Change
- Sixth Grade Empowerment
- Friendship/Social Skills Group
- Anger Group
- Anxiety Group
- Living Skills
- Voices
- Stress Busters

To have your child work individually with the school counselor or participate in a small group, please fill out the counseling permission form and indicate what you are interested in for your student.

SCHOOL-WIDE EMOTIONAL SUPPORTS

In addition to the counselor's monthly lesson, we are also implementing the following programs to support your student at Whittier:

- [Zones of Regulation](#)
- [Dignity Index](#)
- [Community Circles](#)
- [Comfort Corner](#)
- [Move This World](#)
- [Playworks](#)
- [Peace Path](#)

Parents can make an appointment to come to the school to view the instructional materials being used in the counseling lessons or these curriculums. Please contact Brenda Thomas to set up a time.