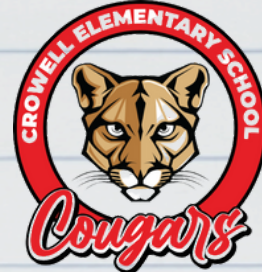




# SCHOOL COUNSELING AT CROWELL ELEMENTARY



## COUNSELING SERVICES

- \*Individual Counseling
- \*Small Group Counseling
- \*Check-ins
- \*Crisis Intervention
- \*Classroom Guidance Lessons
- \*Consultation with Parents and Teachers
- \*Coordination and Referrals for Outside Services

## COMMON TOPICS:

- \*Social Skills
- \*Anxiety
- \*Managing Feelings
- \*Conflict Resolution
- \*Divorce/Trauma
- \*Friendship Issues
- \*Sadness/Depression
- \*Stress Reduction
- \*Goal Setting
- ...and many more.

## HOW DO STUDENTS BENEFIT FROM SCHOOL COUNSELING?

- \*Children learn best when they feel safe and good about themselves.
- \*Reducing stress can help students maintain focus in the classroom.
- \*Children who understand their feelings are better able to control their own emotions.



## CONNECT WITH US!

Marlene Lizarraga, School Counselor  
[mlizarraga@turlock.k12.ca.us](mailto:mlizarraga@turlock.k12.ca.us)

Ramika Pourmand, Mental Health Clinician  
[rpourmand@turlock.k12.ca.us](mailto:rpourmand@turlock.k12.ca.us)