



Valley Community Counseling

School Counseling For Everyone!

Moe Khan | Monday-Friday | 8:30am-3:00pm | mkhan@musd.net

Jessica Meade | Monday-Wednesday | 8:30am-3:00pm | jmeade@musd.net

Chantel Asadoor | Thursday-Friday | 8:30am-3:00pm | casadoor@musd.net

Located in Attendance Office

What Do We Do?

School Counselors provide individual, and group counseling as requested or needed. Some of the issues that will be presented are as follows...

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|-------------------|-----------------|-------------------|--------------------|
| * Social Skills | *Peer Conflict | *Anger Management | *Divorce |
| *Problems at Home | *Anxiety | *Self-Harming | *Suicidal Ideation |
| *LGBTQ+ | *Grief and Loss | *AND MORE | |

What Can You Expect?

You will meet with a counselor for a one-on-one session that is confidential from anywhere between a 10-minute check in to a 45-minute meeting to address concerns and develop a plan for action.

Skills And Abilities You Could Learn

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| *Anger Management | *Problem solving | *Communication | *Leadership |
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