



WHAT IS THE WC?

- A calming space
- A place to de-escalate
- A place to reset
- A safe place



**Located in room 28 - near the Library!*

East Avenue Middle School Wellness Center

WHEN IS IT OPEN?

During school hours, we are **open unless otherwise posted***

**Wellness Center hours are subject to change.*

HOW TO ACCESS THE WC:

- Get a **Wellness Center pass** from your **teacher**
- Come to **room 28**
- **Check in** on laptop & with the staff member
- Your **10 minute timer** starts...use fidgets, color, relax, etc...
- If needed, make an **appointment** to speak with a school counselor at a future time



WHAT IS AVAILABLE IN THE WC?

- *Fidgets *Sensory tools *Puzzles
- *Coloring pages *Art supplies
- *Soft music *Comfortable seating

East Avenue Middle School Wellness Center

At East Avenue Middle School,
we recognize that:

academic success is closely linked to social and emotional wellness. The purpose of the EAMS Wellness Center is to provide a safe space for the establishment of mental health supports and the Social Emotional Learning (SEL) needed for all students to thrive.



Wellness Center Staff:

Kacy Haley, School Counselor
Juan Fernandez, Intern



For more information, visit the school website, email us at eamswellnesscenter@lvjUSD.org or stop by room 28 (next to the Library)

What is a Culture Keeper?

At East Avenue Middle School, our Culture Keepers are advocates and leaders on campus and actively model kindness, respect, integrity, and positive behavior for others.

Culture Keepers help promote inclusivity, cultural awareness, and diversity by planning, leading, and participating in culturally inclusive events and activities on campus. Stop by the Wellness Center to learn more!