

COUNSELOR CONNECTION



Pittsburg Jr. High- Krystal Kuban

September 2025

A NOTE FROM THE COUNSELOR

We have had a wonderful start to our year. Please reach out to me if you have any questions or concerns. It is best to email me, so we can set up a time for a phone call or in person meeting.

MONTHLY CHARACTER TRAIT

September - Respect
October - Responsibility

PARENT CORNER

*Find Quick Parenting Tips on a [parent Facebook Page](#).

*[Information about Mental Health](#)

*September is Suicide Prevention Month. Learn more [here](#).

These links are for parents to review and make decisions for their own family. Consulting a professional may be helpful if you have further concerns.

CLASSROOM LESSONS

Our next round of lessons towards the end of September and beginning of October will be on building healthy minds and positive relationships. We will look at emotional regulation, mental health, positive peer relationships, substance abuse, and suicide awareness. Since I am new, This lesson will be for both 7th and 8th grade. You may preview the lesson [here](#).

PITTSBURG JR. HIGH PROGRAM

[Brochure](#)



SCHOOL HOUR CONTACT INFO

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