

Welcome to my virtual counselor office!
Click on objects for more information

Windows and all objects underneath: Coping with stress and calming activities:

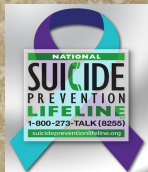
Cell Phone: Apps for Mental Wellness

Laptop: Parent resources and Information

Books on desk: Student resources and information

Backpack: Study skills and tips for success

Wall posters: information on each topic



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