

Elementary Counseling: A focus on prevention

Prevention relies on education.

Through health education we've learned to become more aware of our bodies' needs and to develop positive health habits to improve the quality of our lives.

Similarly, education counseling assists parents and children to become more aware of emotional needs, to overcome self-defeating habits, and to improve the quality of relationships.

Prevention also involves timing.

Children face greater pressures as they approach adolescence and make decisions which significantly shape their future.

Strengthening family relationships, improving communication, teaching self-efficacy, resiliency, and helping children develop positive feelings about themselves and of school will reduce the risks of destructive behavior in adolescence.

Counselors, teachers, and parents working together as a team can help children develop the skills, and emotional resources they will need for a successful and fulfilling future.

Future success starts now.

Your school counselor is:

Murray.....Christan Daniels.....828-2568 x5470
Dublin El...Christan Daniels.....833-1204 x5085
Fredricksen.....Erin Johnson....828-1037 x5282
Dougherty....Cynthia Pizano.....803-4444 x5814
Green.....Cynthia Pizano.....833-4200 x6661
Kolb.....Kathy Ng.....551-4000 x6823
Amador.....TBD307-1950

Community Counseling Services

Axis Community Health: 925-201-6200

Horizons Family Services: 925-371-4747

LaFamilia Counseling Services: 510-881-5921

Spanish-speaking Counseling

Hope Hospice: 925-829-8770 *Grief Counseling*

Emergency Assistance

Tri-Valley Haven: 800-884-8119 Crisis Hotline
925-449-5845 Shelter

Eden I&R, Inc.: 211 Hotline

Information and Referrals for Health, Housing, & Human Services

Child Protective Services: 510-259-1800

Children's Emergency Council: 925-828-5363

Dublin Unified School District

Tess Johnson 7471 Larkdale Ave.
Coordinator Dublin, CA 94568
Student Services fax : 925.829.6532
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Dublin Unified
School District

Elementary School Counseling Services



*Creating lifelong learners
Supporting the whole child*

Why do we have elementary school counseling?

- To aid in the development of positive feelings about self and school
- To provide early intervention for emotional or social problems which might interfere with learning
- To aid in developing self-awareness and meaningful social participation
- To foster communication among children and between the child and their parents
- To provide opportunities for children to explore their thoughts and feelings and to learn to respect those of others
- To assist parents in problem-solving and understanding the dynamics of child growth and development
- To provide help with behavior change and crisis intervention as needed

What does an elementary counselor do?

- Meets with children individually and in groups
- Conducts group activities in self-concept, communication, interpersonal relationships, decision making, social skills, and coping skills
- Serves as a resource person to teachers and parents
- Provides extra support to children in times of personal crisis
- Provides parent and family consultation
- Refers to community agencies as needed

The counselor helps...

Children who are...

- Worried about grades or achievement
- Having difficulties making or keeping friends
- Feeling angry or sad much of the time without knowing why or what to do with those feelings
- Experiencing changes in their families; like the birth of a sibling, illness of a family member, separation, divorce, or remarriage of parents

Teachers who have...

- A class that is experiencing difficulty cooperating
- New students having a hard time adjusting to the new school
- Students who feel they won't succeed, so don't try
- Students frequently being teased or teasing other

Parents who...

- Notice sudden changes in their child's behavior or in school performance
- Are concerned about family communication
- Are concerned about the effects of divorce or separation on their children
- Are having difficulties with discipline