



# COUNSELOR CORNER!

Ms. Lee  
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At Brunson, I am here to support all students and families, and serve in collaboration with our teachers and administration to help create a positive learning environment. I provide support in the following ways:

- Teaching classes for all grade levels on topics such as emotion management, social skills, and career/future thinking
- One-on-one or small group counseling sessions on a short-term basis
- Providing referrals for students for long-term counseling as needed
- Collaborating with teachers, families, and intervention teams to provide individual learning plans for students

## **WHY is Social and Emotional Learning IMPORTANT?**

Social and Emotional Learning is NOT just meditating and thinking about happy things. SEL has a powerful combination of evidence and support. The findings below come from multiple fields and sources and include analyses of hundreds of studies that show SEL leads to beneficial outcomes related to: social and emotional skills; attitudes about self, school, and civic engagement; social behaviors; conduct problems; emotional distress; and academic performance (CASEL). For more information, visit [CASEL - Why is SEL Important?](#)

## **Mental Health Resources**

**Suicide Hotline:** Call or text 988 - help is available!

**Non-emergency Police Number** - 336-773-7700

**The Trevor Project** - provides support to young LGBTQ+ individuals [The Trevor Project Website](#)

**Winston Salem Eating Disorders Coalition** - supports individuals healing from eating disorders [WS Eating Disorders Resource Page](#)

**Alexander Youth Network** - Provides a variety of treatment options for youth in our region [Alexander Youth Network Services](#)

## **Helpful Things**

**Do Nothing for 2 Minutes** - Click here to stop and reset for 2 minutes [Do Nothing For 2 Minutes](#)

**Mind Yeti** - Guided meditation videos for kids in English and Español [Mind Yeti Youtube](#)

**Help! My Child is Anxious** - How to help your child who is feeling anxious [CGRG How to Help](#)

**Free Printable Coloring Pages** - Coloring helps many children feel calmer! [Free Coloring Pages - Crayola](#)

Please feel free to email me at [rlee2@wsfcs.k12.nc.us](mailto:rlee2@wsfcs.k12.nc.us) if you would like to share anything about your child that may help us support them better at school. We can also set up an appointment if you would like to come in and meet!