



# Counselor News



## This Week (7/31-8/2)

Hi! I took these few days to introduce myself to students and what my role is. However, I think it is important for you to also know who I am. A little about me:

I'm Ms. Karen and I am so excited to be here with you all this year. I have a MA in Developmental Psychology and currently completing my Clinical Licensure Program. I have been in the mental health field for over ten years and this is my fourth year in a school setting. I am looking forward to incorporating my experience in our Character Strong curriculum.

My hope is to create a welcoming, inclusive, safe environment for all. One that empowers children to be confident, successful, and lifelong learners.

I was born and raised in Boston, MA and have been in Tucson for about seven years. I have three younger sisters and a younger brother.

When I am not at Cragin, I spend my time with my family exploring new areas for our son to enjoy. Additionally, my wife and I enjoy supporting local businesses and using our Tucson Foodie membership to try new restaurants.



## What Else

In addition to Character Strong, I will be providing support during transitional times (pick up/drop off, lunch, recess etc.)

As the year takes off, I will be conducting targeted small groups to help support students with peer relations, effective communication, self-esteem, advocacy, etc.

Lastly, if you or a staff have concerns and would like me to follow up with the student, please do not hesitate to complete the following form below:

### [Counseling Referral Form](#)

Students will have access to a paper form requesting a 1:1.

Keep in mind that a formal 1:1 request, should not be used in case of an emergency. If there is an emergency, please contact me/front office directly.

## Reminders

What Is Said In Here, Stays In Here  
unless

- Someone is hurting you
- You want to hurt someone else
- You want to hurt yourself
- You give me permission to share

## Upcoming Events

- I will begin [Character Strong](#) lessons with students on 8/12 as follows:
  - Mondays, Tuesdays & Wednesdays

## Contact

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