

Counselor's CORNER

MAY 2023
Mrs. Magallanes



Counseling Monthly Focus:

This month we are having many celebrations. We are beginning the month with our staff appreciation celebrations. The second week of the month we are celebrating our Mental Health Awareness Week. It is also Mother's Day. Our lessons work to teach our students that our staff are very important as well as our mental health.

Lorena Magallanes, LMFT

Counseling Corner

<https://sites.google.com/bonita.k12.ca.us/mrs-m-counseling-corner/home>

Virtual Room

https://sites.google.com/d/1kgsJDaZSMang3hQgnBFNI_iMPiVMSm97/p/1-CNz7Yf6MOUZEyawQGxMloWeb4C7mwa-/edit

Resources:

- What you can do
- ☐ Parents: You know your child best. Talk to your child's healthcare professional if you have concerns about the way your child behaves at home, in school, or with friends.
 - ☐ Youth: It is just as important to take care of your mental health as it is to take care of your physical health. If you are angry, worried or sad, don't be afraid to talk about your feelings and reach out to a trusted friend or adult.
 - ☐ Healthcare professionals: Early diagnosis and appropriate treatment based on updated guidelines are very important. There are resources available to help diagnose and treat children's mental disorders.
 - ☐ Teachers/School administrators: Early identification is important so that children can get the help they need. Work with families and healthcare professionals if you have concerns about the mental health of a child in your school.

Let's CONNECT!



Magallanes@bonita.k12.ca.us



909-971-8204 ext.4421



Happy, Healthy Kids TIP:

When your child makes a good choice, no matter how small, make a BIG deal out of it! Cheer for them, encourage them, and reinforce this behavior. When your child makes a mistake, guide them towards a better choice. But, try not to dwell on it and move forward together.