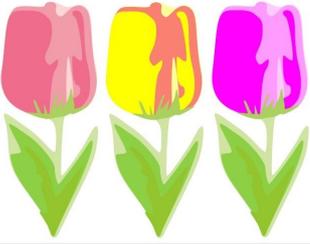




COUNSELOR'S CORNER

Blevin's Counselor Newsletter



Message from the Counselors

We are living through an unprecedented time in which families are experiencing feelings of stress, anxiety, and uncertainty.

We always believe maintaining your mental health is important, but it is especially important for both parents and kids during this time.

That is why we wanted to use this newsletter as a tool to give tips on maintaining a healthy headspace as well as provide information on resources in our community should you find that you or your child need additional help.

Know that as we go through this together, we are here to support our Bruin community. We will all come out of this stronger!

Your Counselors,

Mrs. McCain, Ms. Mealy, and Ms. Burris

Need Help?

Food-

PSD and Larimer County Food Bank have teamed up to provide lunches for all who need it. Please visit the PSD website for more information.

Mental Health-

CAYAC is continuing to offer counseling services via telephone. Please call (970)221-5551 M-F 9-4 for further information.



Tips for Supporting Your Kids

- ⇒ Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and about COVID-19 in a way that your child or teen can understand.
- ⇒ Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- ⇒ Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- ⇒ Try to keep up with regular routines. Create a schedule for learning activities and relaxing or fun activities.
- ⇒ Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.



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