

## School Counseling Resources

Dear Parents/Guardians,

As we navigate through this time of uncertainty, I would like you to know that I am available through email if you have any questions or concerns as they pertain to your child's social emotional health. My email address is [ritt\\_rdillon@tccsa.net](mailto:ritt_rdillon@tccsa.net). I am checking my email throughout each day. Below you will find some great resources for students and families as we navigate through the next several weeks. Please reach out if I can be of any further assistance.

Sincerely,

Mrs. Dillon

RES School Counselor

- <https://katielmartin.com/2020/03/15/how-families-can-make-the-most-of-school-closures/>  
This article offers some great tips as we prepare our students and families for the weeks to come. Some topics in the article include:
  - Personal goal setting
  - Co-create the schedule and activities
  - Get outside and move
  - Set boundaries for technology
  - Do a passion project
  - Help out at home
  - Slow down and connect
- [Coronavirus FAQ and Advice](#)
- [Talking to Children About Coronavirus](#)
- [Brain Pop Video](#)
- [Managing Anxiety Around Coronavirus](#)
- <https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/>