Hello Sterling and Clovis Point Families!

We want to assure you that we are working together to continue to serve your family providing school counseling services.

Please review our resource list. It provides resources for families on social-emotional support and community resources.

Students can join a Google classroom to connect with their school counselor. Names are visible to all students in their class.

Message from Mrs. Pierson at Sterling

First, I want to tell you how much I miss seeing your faces each day! If I have had the random chance of seeing you in the community I want you to know that it makes my day! Hang in there, we will be back together again soon.

Although we can not connect in person during this time, we can still connect in other ways. If you would like to speak to me please reach out through email and I will set up an appointment on Google Hangouts or Videoconferencing. (I’m getting better at this tech stuff!)

For now, take care and be safe! Please reach out, even if it’s just to say hello!

How you can contact me:

* My “office hours” will be 7:30-3:30 daily.
* Email: piersonj@eastmont206.org
* Google Classroom: I have a virtual office set up. In my classroom I will have activities, resources, links to information, and a discussion board where we can share information. Remember my rule of CONFIDENTIALITY. This classroom is totally optional and just provided as a resource and way to communicate.
	+ From the Google Classroom page, go to “Join Class”, then “Add Code” Enter the following Code: 7wajzs7

Message from Mrs. Martinez at Clovis Point -

martinezn@eastmont206.org

I am working on how I can best be available to our amazing students!

Please email me with any questions.

I am grateful for the technology that allows us to continue staying in touch.

All students are invited to join their grade level google classroom for activities and sharing ideas.

5th Grade Code r5ng5jy

6th Grade Code ngzl67d

7th Grade Code q2tmuv6

Let’s stay connected!

[DownDog App](https://www.downdogapp.com/)- Free yoga and other workouts

Please call a hotline if you aren’t feeling safe. Crisis doesn’t just mean thinking about ending your own life. It’s any painful emotion and anytime you need support.

**Crisis Connections**: They provide crisis support for Chelan, Douglas, Grant and Okanogan Counties:

* **Crisis Line:** <https://www.crisisconnections.org/> **24/7 Crisis Line** **800-852-2923**
* **Text line:** 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.
* **Warm Line:** The “warm line” is for general, non-crisis peer support.

<https://www.crisisconnections.org/wa-warm-line/> **WA Warm Line (877-500-9276):** M-F 5:00pm-9:00pm, Weekends 12:30pm-9:00pm

* **Teen Link:** Teen Link is a confidential and anonymous helpline for teens. Trained teen volunteers are available to talk with you about any issue of concern. No issue is too big or too small! <https://www.crisisconnections.org/teen-link/> **Teen Link**, **Phone line (866-833-6546):** Evenings 6:00-10:00pm; **Chat:** Evenings 6:00-9:30pm; **Text:** Evenings 6:00-9:30pm
* **Recovery Help Line:** <https://www.crisisconnections.org/wa-recovery-help-line/>

Connection to resources for substance use, gambling, and family members of individuals with mental illness) **(866-789-1511):** **Phone line:** 24/7; **Text:** M-F 9:00am-5:00pm

**The Trevor Project:**

The Trevor Project offers accredited life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text.

[**Trevor Lifeline**](https://www.thetrevorproject.org/get-help-now/) 1-866-488-7386**.**The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25

[**Trevor chat**](https://www.thetrevorproject.org/get-help-now/) A free, confidential, secure instant messaging service for LGBTQ youth that provides live help from trained volunteer counselors, open daily. Text “START” to 678678 to begin.

**Substance Abuse and Mental Health Services Administration**

1-800-662-HELP (4357)

SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

**Parent Resources for their children:**

* Child Mind Institute: Resources for children’s mental health issues

 <https://childmind.org/>

* Common Sense Media - provides reviews and information on movies, books, websites and apps for kids.

<https://www.commonsensemedia.org/>

* Edutopia - educational and social-emotional resources for parents to use at home

<https://www.edutopia.org/>