

Monday, April 13, 2020

# Welcome to the School Counselor's Corner



## Connect with Counselor Healey

Greetings DK8 Family. During this time, we will support the success of our students, parents, faculty and staff through meaningful lessons or videos. We will provide these resources to help develop our DK8 family socially, emotionally, and academically. Thank you for your continued patience and support.



### Have Questions or Need Assistance

Contact Ms. Healey, Middle School Counselor  
[healeyma@scsk12.org](mailto:healeyma@scsk12.org) or (901) 295-9538

Contact Days/Hours: Mon, Tues, & Wed 12n-2p.m.

<https://cizremote.weebly.com/counselingasesoramiento.html>



## Douglass Scholars!

### Socio-Emotional Learning

Dealing with Stress

<https://youtu.be/8sobA6G00tl>

Mindfulness

[https://youtu.be/ihwcv\\_ofuME](https://youtu.be/ihwcv_ofuME)

Controlling Our Emotions

<https://youtu.be/3bKuoH8CkFc>

### Efficacy for Students

Character Matters: Social Media Safety

<https://youtu.be/ottnH427Fr8>

## Parents & Faculty!

Helping Kids Learn Self-Regulation

[https://youtu.be/H\\_O1brYwdSY](https://youtu.be/H_O1brYwdSY)

Relieve Stress- Meditation

<https://youtu.be/SEfs5TJZ6Nk>

Mindfulness is a Superpower

<https://youtu.be/w6T02g5hnT4>

## Job Opportunities!

[https://choose901.com/jobs?qclid=EAlalQobChMI1abA\\_4e26AIVDbbIC\\_h3oTQq6EAAAYASAAEgLawvD\\_BwE](https://choose901.com/jobs?qclid=EAlalQobChMI1abA_4e26AIVDbbIC_h3oTQq6EAAAYASAAEgLawvD_BwE)

*Givinia Causey, Principal*

Douglass K8 Optional

1650 Ash Street

<https://schools.scsk12.org/douglass-k8>