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WHES Counselor Corner

Welcome to the Counselor Corner!! Please make sure and check out all of our links on the website!!! There are many new and exciting things happening at WHES for both online learners and in person learners! You can contact me at Moles@d49.org if you need more information.

For the PARENTS



Information on receiving help...

Hello! I want to introduce to you a process called MTSS (Multi Tiered System of Supports), formerly RTI (Response to Intervention). This is a wonderful approach for children who are having difficulties in any areas of academics and/or emotional growth. It is a way to assure your child is receiving the most appropriate educational experience to meet their needs. The MTSS includes a tiered program that individualizes your child's needs, and the ultimate goal is early intervention, so as not to wait for a child to fail before intervening. Please ask for more information if this sounds beneficial to your child's academic and/or behavioral goals. Your contact person for our MTSS process is Cheryl Curry at CCurry@d49.org.



Small Groups (Virtual & In Person) and Classroom Lessons

Below is a list of virtual small group courses through Schoology that the teacher, parent or student themselves can refer to. These groups typically are short term so that the groups can stay small and last 3-4 consecutive weeks. To be in a small group, student's parent/s will have to sign a [permission form](#) to participate. Also, a [referral form](#) will have to be completed. Mrs. Taylor will then contact both the teacher and parent and will share a course code from Schoology in order to join. There are some in person small groups as well, but due to social distancing the virtual courses are a way to reach as many students as possible due to COVID concerns. If you are needing a little more, please feel free to hop onto my website at [Coffee and the Counselor.com](http://CoffeeandtheCounselor.com). There is an amazing virtual [Calming Room](#) waiting for you!

Classroom lessons can be something that a teacher feels is a high need to be discussed with the whole group, or will follow the [Random Acts of Kindness Curriculum](#) program, a scientifically research based program which follows lessons during the student's daily schedule that focus on being kind, mindful and helps to focus

Small Group Information

Go Fish, Cool Cats, All About Me, Lean on Me, Good Grief, Girl World and Boy World

Go Fish – Families in Separate Homes

Parents separated or divorced? In this group, we are FISH – Families in Separate Homes-swimming together with some common experiences...discussing family changes and learning from other students about what helps when family changes are occurring.

Cool Cats – Anger Control

Do you sometimes get angry easily? Wondering how to control the anger when it is boiling inside? Learn ways to control your anger in positive, non-violent ways and get support while working through strong emotions.

All About Me – Self Esteem

Wondering who you are and what differences you make to the world? This is the group for you! Learn how to feel better about yourself and be proud of who you are. Learning to also put yourself out there for others, understanding the needs of others and how that is connected with who you are and who you want to be.

Lean on Me – Making and Keeping Friends

Need help making and keeping friends? Learn how to get along with others, start and maintain long lasting friendships. This group will help in listening to what others are saying, and expressing your own needs in a positive manner.



Good Grief – Grief and Coping

Feeling some loss in your life? Loss can be moving to a new school, losing someone or something you love, or can just be that you are feeling lost in your life. Learn the stages of grief and get support from others that have lost something in their lives and how to cope and enjoy the little things in life!



Girl World – Relationships, Body Changes, Cliques and “Mean Girls”

It is sometimes hard being a girl. This group is for support in relationships with others, body changes, dealing with cliques, "mean girls," and more! Learn how to be a girl that is self-confident and how to avoid pressure from peers.

Boy World - Growing into a Man, Bullying Issues, Leadership

Needing some extra support while growing into a man? This group is to support boys and issues boys deal with everyday, such as bullying, being a bully target, being the man of the family, or just learning manners that every guy needs to know to be a good leader.



Please don't hesitate to call me at 719-495-5494, email me at Moles@d49.org or check out other resources that are available below:

Counseling Needs Form

Parent Permission for Counseling Form

Coffee and the Counselor Website

