



ELEMENTARY SCHOOLS

Counseling Resources Page

Updated August 10, 2021 Information

Counseling Resources for Teachers

Teachers, we've put resources together for you to use to help you support your students, parents and families. For more information, please visit our counseling/college and career website@ [MDUSD Counseling Home Page](#)

<p>Self-Care Resources</p> <p>Mindful practices to support the educator.</p>	<p>Care for Your Coronavirus Anxiety</p> <p>Specific strategies to support reduction in anxiety due to coronavirus fears.</p>	<p>Lessons</p> <p>Ready-to-use lessons that focus on social justice and social/emotional skill http://bit.ly/mdusdcounselings.</p>
<p>Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019</p>	<p>Educators' Well-Being During the COVID-19 Outbreak</p> <p>COVID Resources Contra Costa County</p>	<p>Brené Brown on Empathy</p> <p>A wonderful description about the difference between sympathy and empathy. It will come in handy to support families now, and in the future.</p>
<p>Distance Learning Counseling Support for Parents-Elementary</p> <p>Distance Learning Counseling Support for Parents-Secondary</p> <p>Resources for Parents.</p>	<p>Why and How to Do a Mental Body Scan for Stress Relief</p> <p>Take a break from the worries you might be having about school closure! Learn a new technique to share when you return to school!</p>	<p>Family and Community Engagement</p> <p>Strategies to reinforce PBIS approaches at home.</p> <p>Setting Up the Learning Environment</p>
<p>Crisis Hotlines https://cchealth.org/contact/telephone.php</p>	<p>How to Throw a Neighborhood Chalk Party</p> <p>Share ideas with parents to do with kids to foster community involvement and maintain social distancing.</p>	<p>Trauma focused lessons Starr Commonwealth - Driven to Heal</p> <p>Grief support for teens https://www.hospiceeastbay.org/services/programs/bridge-for-children-and-teens</p>
<p>Making Games: Home</p> <p>Supporting parents and students in creating games together.</p>	<p>Social/Emotional Health and Support American School Counselor Association</p> <p>Resource Collection HERE</p>	<p>Tips for morning meetings and class meetings</p> <p>Zoom class meeting support!</p>

For more resources, please visit our counseling & college/career website @ sites.google.com/view/mdusdcounseling

If you have an emergency, please call 911. For support, please contact your school counselor.

School Counseling Support Office Hours

If you would like to connect with your school's Counselor, please note the School Counselor's contact info below. As you navigate this year, we are eager to help set you up for success, support and answer any questions you have regarding social emotional health, academic advisor and college career planning in school counseling during this period. Please reach out via email or phone call to access support. Our goal is to stay connected, engaged and supportive during this time!

Ayers	Bancroft	Bel Air
Name: Joanne Finn	Name: Angela Ordaz	Name Shalendell "Sissy" White
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GoogleVoice: 925-494-0483	Onsite 3rd/4th Wednesdays of the month and every Thursday	925-664-8380
Onsite on Mondays and Tuesdays		
Appointments available upon request	Appointments available upon request	
Cambridge	Delta View	El Monte
Name: Oralia Chavez Rodriguez	Name: Nancy Wallin	Name: Nancy Wallin
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925-686-4749 x 84474	925-685-3113 x84746	925-685-3113 x84746
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Onsite M-F	Website	Website
Office Hours: M-F 1:00pm-2:00pm		
Fair Oaks	Gregory Gardens	Hidden Valley
Name: Nicole Galvan Goble	Name: Janelle Rose	Name: Melissa Gilbarg
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Highlands	Holbrook	Meadow Homes
Name: John Paradiso	Name: Angela Ordaz	Name: Tova Moore
paradisoj@mdusd.org	ordaza@mdusd.org	moorett@mdusd.org
925-672-5252 x84965	Onsite Mondays and Fridays	925-914-8019
Onsite Fridays	Appointments available upon request	Office
Monte Gardens	Mt. Diablo Elementary	Mountain View
Name: Meri Dobbs	Name: John Paradiso	Name: Angela Ordaz
dobbsm@mdusd.org	paradisoj@mdusd.org	ordaza@mdusd.org
	925-672-4840 x84579	Onsite Tuesdays and 1st/2nd Wednesday of the month
	Onsite Mondays & Tuesdays	689-6450 x86305
		Appointments available upon request
Pleasant Hill Elementary	Rio Vista	Shore Acres

Name: Susan Peters	Name: Charisse Segee	Name Marcie Torres
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Name:	Name: John Paradiso	Name: Janelle Rose
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	Onsite Wednesdays & Thursdays	
Sun Terrace	Valhalla	Valle Verde
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		Appointments available upon request
Walnut Acres	Westwood	Woodside
Name: Joanne Cosmos Finn	Name: Diana Correa	Name: Kimber Kaiser
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Wren Avenue	Ygnacio Valley Elementary	
Name: Kimber Kaiser	Name: Kimber Kaiser	
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District- Director Partnerships & MTSS		
Name: Stephanie Roberts		
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