

Hello There Everyone! I hope that you all are doing well during these challenging times. In my last notes, I included [a link to virtual calming spaces](#) to help you de-stress, and a [link that provides you with 5 ways to deal with anxiety](#). This week I am giving you a link to help you [deal with stress](#).

As always, I am available to meet via phone to offer support to you or your child during this difficult time. I understand that this has been a very stressful year, so I encourage you to please take advantage of my services. All information mentioned to me is confidential. I am here to help and support the student and family. I bring some great ideas to the table.

Feel free to email me at pamela.cotton@jefferson.kyschools.us if you'd like to set up a time to speak with me.

Sincerely,

Pam Cotton
School Social Worker