

Dear military families of Kumeyaay Elementary,

I am offering weekly groups (Kids Military Meet-Up) for grades 1-5. If you are interested in having your child/children attend, please reach out to me so I can provide you with the ZOOM ID/PW and or answer any questions you might have. I will also be offering presentations on various topics relevant to military families on the 3rd Tuesday of each month (at 9AM). Of course, if you have any questions about services I can offer as your school MFLC or wish to make an appointment, please reach out to me.

Respectfully,

Mr. Lars - Military Family Life Counselor (MFLC)

nielsenl@magellanhealth.com

Magellan Health

(619) 315-9141

Weekly Kids Military Meet-Ups
(please contact your MFLC for ZOOM info)

Monday 1pm - 1st Graders
Tuesday 1pm - 5th Graders
Wednesdays 1pm - 2nd Graders
Thursday 1pm - 3rd Graders
Fridays 1pm - 4th Graders



MILITARY KIDS ZOOM MEET-UP

KUMEYAAY & TIERRASANTA ELEMENTARY

**GRADES 1ST-5TH 1-2 PM
(DAY VARIES BY GRADE)**

**A CASUAL SPACE FOR MILITARY CHILDREN TO CONNECT,
LEARN FROM AND SUPPORT ONE ANOTHER.**

**ACTIVITIES AND DISCUSSION WILL CENTER AROUND SUPPORTING HEALTHY PSYCHO-SOCIAL
DEVELOPMENT BY PROVIDING OPPORTUNITIES TO PRACTICE SOCIAL SKILLS WHILE EXPLORING
THEMES RELATED TO:**

- | | | |
|---|--|---|
| > Benefits and Challenges often associated with Military Life | > Building Self-Esteem and Self-confidence | > Improving Self-Regulation, Stress Reduction and Coping Strategies |
| > Recognizing / Understanding Emotions | > Flexible Thinking | > Empathy Building |
| > Feelings Associated with COVID | > Self-Expression | > Qualities of Healthy Relationships |
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**PLEASE CONTACT MR. LARS, THE SCHOOL'S MILITARY FAMILY LIFE COUNSELOR IF
YOU ARE INTERESTED IN HAVING YOUR CHILD ATTEND OR YOU HAVE ANY QUESTIONS.**

**LARS NIELSEN, LCSW
MILITARY FAMILY LIFE COUNSELOR (MFLC)
FOR KUMEYAAY AND TIERRASANTA ELEMENTARY
MAGELLAN HEALTH
(619) 315-9141**



MILITARY PARENT VIRTUAL COFFEE TALK GROUP

FACILITATED BY MILITARY & FAMILY LIFE COUNSELORS
Lars Nielsen, LCSW, Teresa Patchill, LMFT &
Kate Zlotnick-Hess, LCSW

Bring your own coffee and join Military & Family Life
Counselors once a month to discuss topics relevant to
Military Families, get resources and support!

Featured Presentation for January
"Children & Separation Issues of Deployment"
Tuesday, February 16th at 9:00am
Service Members & Spouses Welcome

Please call to Register for Zoom invitation:

Lars Nielsen - Kumeyaay & Tierrasanta Elementary Schools
(619)315-9246

Teresa Patchill - Miller Elementary School
(619)340-5858

Kate Zlotnick-Hess - Kate Sessions ES
(619)209-98000

