

## **NORTH PARK ELEMENTARY COUNSELOR SUPPORT**

Even though we are not in school, I am here for students and families!  
If you have any questions or concerns I can help with, please don't hesitate to contact me.  
I know this is a time with a lot of uncertainties--please take care & stay well.

**Trina Gentile, School Counselor**  
**gentilet@discoverers.org**

**Office phone: 402-563-7000, option 9, ext. 13204**

**Work cell/text: 402-804-3365 (parents only)**

I will be checking my email and voicemail regularly during school hours.  
I will do my best to respond to messages between 8am-3:30pm.

**Para ayuda en Español llama al**  
**402-563-7000**

**Raul Gascon (ext. 10096), gasconr@discoverers.org**

Throughout the school year, elementary counselors teach weekly lessons called Anchor Time. Here are some websites we use for lessons that provide stories and information on some of those topics. Students can click on the links to listen to the stories, watch the videos, and do the activities if they wish.

### **Anchor Time Resources (linked):**

[Howard B Wigglebottom](#) - stories, lessons, and activities on social/emotional learning

[Kids Health](#) - information for kids and parents on a variety of topics

[Stop Bullying](#) - stories and videos about dealing with bullying

[Dojo Social Emotional Learning](#) - stories about a variety of social/emotional topics

[PBS Social Emotional Media](#) - videos on character development

[Stop Breathe Think](#) - videos and activities about mindfulness and calming skills

[Career Cluster videos](#) - students can explore Nebraska careers they may be interested in

[Career Reality Check](#) - activities for students about careers and future lifestyle

### **RESOURCES (linked)**

[Tips for Parents During COVID-19 Pandemic](#)

[East Central District Health Department](#)

[Helping Children Cope](#)

[Columbus United Way Service Directory](#)

<u>School Social Worker</u> Heidi Luebbe	Work cell/text 402-606-1235	<a href="mailto:luebbeh@discoverers.org">luebbeh@discoverers.org</a> Office: 402-563-7060, ext. 12759
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**Nebraska 211 United Way Helpline** - Call: 2-1-1, Text: Your zip code to 898211

**Boys Town National Hotline** Call: 800-448-3000 Text: "Voice" To 20121

**Nebraska Suicide Prevention Lifeline** 800-273-8255

**Nebraska Family Helpline** 888-866-8660

### **COLUMBUS AREA ASSISTANCE PROGRAMS**

PLEASE CALL PRIOR TO GOING TO MAKE SURE THEY ARE OPEN.

HOURS OF OPERATION ARE CONSTANTLY CHANGING.

**CENTER FOR SURVIVORS-** 3103 13th Street, (402), 564-2155/1-800-658-4482

**Services:** Assist victims of sexual assault & domestic violence. Provide temporary emergency shelter, education on dating violence & health relationships.

**CENTRAL NE COMMUNITY ACTION PARTNERSHIP (CNCAP)**

3362 53rd Avenue, (402) 564-1124, ext. 209/254

**Services:** Emergency financial aid for rent/utilities.

**COLUMBUS EMERGENCY RELIEF-**3020 18th Street, Suite 18, (402), 564-4184

**Services:** Emergency help with utilities, housing & medical.

**COLUMBUS RESCUE MISSION-** 1471 25th Avenue, (402) 563-1096

**Services:** 24 hour shelter/clothing for all ages: furniture/household items, Bibles, groceries, 3 meals a day

**EAST CENTRAL DIST. HEALTH DEPARTMENT & GOOD NEIGHBOR COMMUNITY HEALTH**

4321 41st Avenue, (402) 563-9224

**Services:** Outreach & enrollment has Certified Application Counselors available to assist consumers find affordable health coverage through the Health Insurance Marketplace or MEDICAID. Assists with answering questions, applying & enrolling in these programs as well as other financial aid programs through DHHS.

**NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES-**2365 39th Avenue, (402) 564-1113

**Services:** Provides financial assistance to low-income, disabled, elderly & other such individuals or families including SNAP, Medicaid & Energy assistance.

**PLATTE COUNTY FOOD PANTRY-**3020 18th Street (northwest side), (402) 563-4544

**Services:** Provides food for Platte County residents that qualify with proof of local residence, photo I.D. and Social Security Cards for each member of the family.

**SALVATION ARMY-**1711 & 23rd Street, (402) 564-6919

**Services:** Rental & utility assistance, food pantry & others. Addresses emergency needs due to Disaster services.

**SIMON HOUSE -**1853 10th Avenue, (402) 564-8444

**Services:** A non-profit ministry helping families & individuals get back on their feet. Free assistance available to individuals having a difficult time meeting their daily needs.