



Wellness Resources for LCM

LCM's Student Support Services Team is here for you and your family as you may navigate some challenging times. Our School Counselor, School Social Worker and School Psychologist can help support you and your child and/or help link you to community resources. Below is some helpful information and resources regarding some common challenges that families might face.

Grief and Loss Addressing Grief in Children Elizabeth Hospice-Grief Support for Children and Families	Separation and Divorce 6 Ways to Help Children Cope with Separation and Divorce Local Separation/Divorce Family Counseling Program
Childhood Mental Health Early Childhood Mental Health Mental Health Webinar Series	School Anxiety 8 Worry Busting Tips to Support Childhood Anxiety How Does Anxiety Affect Kids in School
Community Resources Community Counseling Resources Insurance, Medi-cal or no insurance SMUSD Community Resource List Health and Wellness, Academics, Child Care, Housing, Food, Legal, Employment and Income Assistance, and General Resources 211 Community Resources Searchable online database or call for assistance	Contact Our LCM Team For further information, please reach out to one of our Student Services Support Team: Brittney Losse, School Counselor at Ext. 3320 Mireade McCallen, School Social Worker at Ext. 3344 Dahlia Arnold, School Psychologist at Ext. 2148 

Disclaimer: San Marcos Unified School District assumes no responsibility for the payment, services rendered, or admission into any service listed. This is not an exhaustive list of services.