

Counseling Connections

El Cerrito Counseling Newsletter



Susanna Mruz (Caseload by last name: A-O)

susanna.mruz@cnusd.k12.ca.us

office hours: 12:00-2:00

Jay Mruz (Caseload by Last Name: P-O)

jamel.fraise@cnusd.k12.ca.us

office hours: 11:30-1:30

Topic of the Month: Staying Connected

Congratulations, you have made it through August! You should be experiencing some success with online/remote learning. It is important to celebrate those victories, no matter the size of your accomplishments. For example, you may have learned how to navigate Google Classroom, Google Meets, Zoom, or Edgenuity. Maybe this is your child’s first time with multiple teachers, and they have mastered their schedule of many different classes. That is a success. Celebrate it! The different skills your child has learned will benefit them in high school, college, and eventually the workforce. They are learning technology, perseverance, determination, and resiliency. Celebrations are important, and you and your child should acknowledge how many new skills you have acquired. We are proud of you.

Remember your counselors are here to support you throughout this school year. Please reach out to us if you have any questions, comments, or concerns. Most importantly, we miss you, and we are here for you!



Suicide Awareness Week (September 6-12)

Feeling down, ask for help!

- **Monday:** High 5 Monday!
- **Tuesday:** Love UR selfie!
- **Wednesday:** Light up the world with your smile, share positive affirmations. “Be the rainbow in someone’s cloud” -Maya Angelou
- **Thursday:** Thoughtful Thursday, write a card for someone and mail it out.
- **Friday:** Friendship Friday, thank your friends for who they are.



IN CRISIS?

TEXT
CNUSD
TO
741741



Free, 24/7, confidential crisis support by text.

CRISIS TEXT LINE

Care Solace is an online resource with a live 24x7 concierge line meant to assist individuals in finding local mental health-related programs and counseling services (available for CNUSD families).

[Care Solace](http://www.caresolace.org)

Phone: (888) 515-0595

Email:

weserve@caresolace.org



To calm and support a positive mental health visit CNUSD’s Virtual Calming Room,

<http://bit.ly/CNUSDvirtualcalmingroom>

For additional grade-specific academic & social emotional enrichment tools,

visit [CNUSD Always Learning](#)