



Counseling Connections

Counseling Newsletter-Back to School Edition



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Focus of the Month: Back to School!

We are very excited to have you back to school, even if we can't see you in person. Whether you are taking remote or virtual classes, we are here to support you. Please make sure you join our Google Classroom. The code is qno7hux. Your counselors will be adding information, and hosting lunch bunches to help you stay connected with your peers. If you need us for any reason, please don't hesitate to fill out our referral form, email us, or call us. We really do miss all of you!

CNUSD Virtual Calming Room

Have you visited our CNUSD Virtual Calming Room? Click the image above to check it out!

Google CLASSROOM

ALL STUDENT WILL BE SENT AN INVITE VIA THEIR STUDENT EMAIL

STEP 1- GO TO MY CNUSD WWW.CNUSD.K12.CA.US

STEP 2- LOG ON TO YOUR STUDENT ACCOUNT. CHECK YOUR EMAIL FOR THE INVITE & ACCEPT

STEP 3- ON THE LANDING PAGE, SELECT GOOGLE CLASSROOM

STEP 4- THE COUNSELORS GOOGLE CLASSROOM WILL BE ON YOUR GOOGLE CLASS HOMEPAGE

NOW YOU HAVE ACCESS TO OUR COUNSELING CLASSROOM. YOU CAN SEE OUR ANNOUNCEMENTS UNDER "STREAM", RESOURCES AND ACTIVITIES CAN BE FOUND UNDER "CLASSWORK"

BACK TO SCHOOL TIPS

Let's go!

- Set a goal for yourself for the first semester. It can be academic or personal.
- Set up a quiet space to complete your school work. Make sure you have all of the materials you will need.
- Establish a routine/schedule. Set alarms to wake up, classes, etc. Have your class schedule handy.
- Reach out to your teacher and/or your counselor if you have a question or concern.
- Have fun!



Online Teaching Resources for Teachers and Families | Common Sense Media - Wide Open School

care solace

Calming the Chaos of Mental Health Care.

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

Phone: (888) 515-0595

Email: weserve@caresolace.org

IN CRISIS?

TEXT CNUSD TO 741741



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

CRISIS TEXT LINE

Big Brothers Big Sisters OF ORANGE COUNTY & THE INLAND EMPIRE

Serving ages 6-16, BBBSIE is an amazing mentoring program for our youth. Visit the website for more info and application information!

<https://www.iebig.org/aboutus/>

