Welcome back families! Fall is a busy time of transition and adjustment for most students. Your child may feel a bit overwhelmed as they start with new teachers and procedures— or even a new building. Here are some of the supports that the counseling center is offering this fall. Please contact Casey Tiemann at RMS if you would like more information about any of these programs:

- **Individual check-ins** (for students feeling overwhelmed with social, emotional or academic concerns – or just wanting some extra guidance!),

- **Girls Empowerment Group** (in partnership with local agency Ophelia’s Place),

- **Kids in Transition Group** (Kids working through changes in family dynamics: divorce, moving, loss of family member, or other),

- **Lunch Mentor Program** (extra support of a caring adult from the community - to listen, talk to, laugh, and offer guidance),

- **Operation School Bell** (new school clothes for qualified students).

And of course, don’t hesitate to call with any question or concern at all. We’re a team!

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