




Helping Students Succeed

 counseling attempts to help all children get the most out of school.

Your support and cooperation can help make your child's school years a rewarding experience.

It is our hope that parents and students feel free to use these services. I look forward to working with you.



Schedule:



Ms. Bowen- Lucas, Counselor

School Counseling

504 Plan Accommodations
RCT Meetings Monthly
Crisis Interventions
School Wide Presentations



Mason's

Counseling Program

Students, I am here to help you with:

- Working out friendship problems
- Setting goals
- Working well with others
- Feeling good about yourself
- Adjusting to a new school
- Learning how to make decisions
- Managing your feelings (stress, worry, anger, etc.)
- Dealing with peer pressure and bullying



Parents, I am available to assist and provide you with:

- Exploring ways to help your child succeed



- Improving parent-child communications
- Referrals for community sources
- Understanding the developmental changes of childhood
- Supply reference materials
- Information to help understand your child's special needs

Services Provided:

- Classroom Presentations
- Group Counseling (grief, divorce, social skills, and study skills)
- Brief Solution-Focused Counseling
- Parent Consultations
- Community Resource Referrals

*Please note school counselors do not provide "therapy" or "traditional counseling".

Referrals for outside counseling services are available for children experiencing grief, divorce, family separation, deployment, or mental health concerns.

Together may we give our children the roots to grow and the wings to fly.