Helping Students Succeed

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

Your support and cooperation can help make your child’s school year a rewarding experience.

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



Introduction

Hello! My name is Gabriela Alvarez and I am delighted to join the team here at Joaquin Moraga Intermediate as the new school counselor. Prior to JM, I was a RSP aide at Woodside H.S., a substitute teacher at the W.S.H.S.D., an intern teacher for 1 year at James Lick H.S., a Spanish and ELL teacher for 3 years at Chatsworth H.S. and a Spanish and Enrollment Coordinator for 1 year at Leadership Public Schools. I then went back to school to obtain my counseling degree where I simultaneously was an intern at LPS and Presidio M.S. where I later became the 8th grade counselor. I am excited and thrilled to begin a new journey here with all JM students, parents and staff and look forward to a great 2014-2015 school year!



COUNSELING PROGRAM



Gabriela Alvarez

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Counseling Program

Students, I am here to help you with:

* Working out friendship problems
* Setting goals and preparing for high school
* Working well with others and practicing effective communication skills

 

* Feeling good about yourself
* Adjusting to a new school and building strong study skills
* 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

 

* SST plans to address concerns affecting a student's school performance and to implement an intervention plan
* Understanding the developmental changes of childhood
* Supply reference materials
* Information to help understand your child’s special needs
* Facilitating collaboration amongst students, teachers and parents and building a “team” for every student

Services Provided:

* Classroom Presentations
* Group Counseling (grief, divorce, social skills, and study skills)
* Brief Solution-Focused Counseling
* Parent Consultations
* Community Resource Referrals
* Supporting school wide programs such as WEB and SSA

\*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.