

ADJUSTMENT COUNSELING



IF YOU ARE ALWAYS TRYING TO BE NORMAL, YOU WILL NEVER KNOW HOW AMAZING YOU CAN BE.

Who we are:

MS GERVINO	lgervino@nrpsk12.org
MR DELOREY	ddeorey@nrpsk12.org



What we do:



WHEN WE CAN TALK about OUR FEELINGS THEY BECOME LESS OVERWHELMING LESS UPSETTING AND LESS SCARY
FRED BOYCE

Even this deserves a champion, an adult who will never give up on them, who understands the power of connection and insists that they become the best they can possibly be.
MIA FERRIS



- Mental Health
- Emotional Regulation Skills
- Student Well-Being
- Communication
- Body Image
- Healthy Relationships
- Self Compassion
- Sadness, Grief, Anxiety, Inner Critic, Anger
- Substances
- Student Advocacy
- Stress Management

WE RISE BY LIFTING OTHERS
KERRY INCEBELL

