

## What is a School Counselor or SEL Coach?

I work alongside teachers and parents to help students develop socially and emotionally, and to help remove any barriers they have to learning!

### I provide:

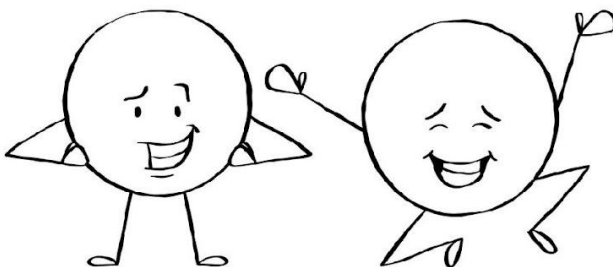
- Classroom lessons teaching social emotional lessons (how to take care of strong feelings, taking responsibility, communication skills, conflict resolution skills, how to include others etc.)
- Small groups. (possible group curriculums: friendship, anxiety, social skills, etc.)
- Student checkin's (15-20 minute conversations with students).
- Community resource referrals (including longer term therapy services)

## Contact Me!



Ms. Adams  
breadamspro@gmail.com

I am excited  
and honored to  
serve you and  
your child!



*\*\*\*Confidentiality and your family's privacy are important to me. What you or your child discuss with Ms. Adams is private except in cases required by law (when harm, abuse, or neglect are suspected).\*\*\**

Bowman Hills, Learning  
Tree, OAKS & Standifer  
Gap



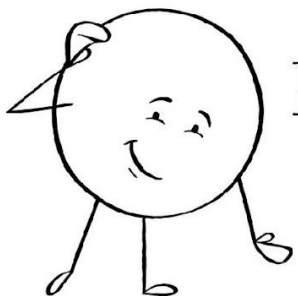
**School  
Counselor/Social  
Emotional Learning  
(SEL) Coach  
Ms. Adams**



**Counsel.  
Educate.  
Advocate.  
Empower.**

## How can I support parents?

- Helping to handle social or emotional concerns you have about your child
- Improving parent-child communication
- Family difficulties or concerns that affect your child at school
- Referrals for community resources
- Discussing concerns about your child's academic achievement



I'm here with a listening ear!

## What types of things do I talk about with students in class lessons and in small groups?

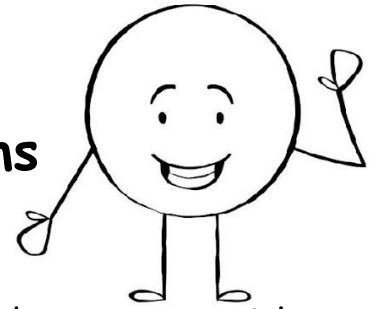
- Making and keeping friends
- Setting goals
- Making good choices
- Being responsible
- Managing strong feelings
- Conflict resolution
- Different types of communication
- Developing empathy

## How does a student see Ms. Adams?



- Self-referral
- Parent referral
- Administrative, teacher, or other staff referral

## About Ms. Adams



I am so excited to partner with different schools this year to support your children as they grow and learn! I recently completed my masters in social work with an emphasis in school social work. I am passionate about working with children and have felt God leading me into this work. I enjoy hobbies such as hiking and camping as well as spending time with my 4 horses. I am looking forward to getting to know each of you this school year!

