

## Individual Counseling

Students may request to see me individually by leaving me a note in my mailbox, by asking their teacher, or by asking me in person. I try to meet with students as soon as possible after they have made a request. I will notify parents if the issue is serious enough to warrant notification or if the student is seen more than a few times. I can also meet with students individually at the request of a parent or teacher. Although I do not offer therapy, I can meet with students regularly for a few weeks to work on specific skills or specific goal. I also provide referral information to community counselors if a child/family needs on-going individual/family counseling. For additional info about Individual Counseling or to refer your child for individual support, email me at [Julie.Schreiner@d51schools.org](mailto:Julie.Schreiner@d51schools.org).

