

Date: 03/18/2020

To: Wilbur- Creston Students and Families:

Dear students and parents,

The counseling team at Wilbur-Creston School District would like to share the following counseling assistance opportunities during this time of transition for the following six weeks of school closure **Counselors will be available by phone Monday through Friday from 9:00 a.m. -2:00 p.m.**

Mondays- Jason Raugust (509) 977-1251

Tuesdays- Fawn Nolt (509) 977-1184

Wednesdays- Jason Raugust (509) 977-1251

Thursdays- Casey Clark (509) 977-1230

Fridays- Fawn Nolt (509) 977-1184

If you are needing crisis services, please contact the appropriate following numbers:

First Call For Help: (509) 838-1818

First Call For Help Toll Free #: 1-877-266-1818

National Suicide Prevention Life Line: 1-800-273-8255

For an immediate emergency regarding safety needs please call 911.

Attached to this letter is an article from the National Association of School Psychologists (NASP) and the National Association of School Nurses (NASN): Talking to Children About COVID-19 (Coronavirus) A Parent Resource.

We are also including an activity you can use with your children: 30 Things you can do for your emotional health.

Thank you for your time. We are here for you and we will all get through these uncertain times together.

Sincerely,

The Wilbur-Creston School Counseling Team

Casey Clark, Fawn Nolt, Jason Raugust