

SERVICES WE OFFER



Individual Counseling:

Counselors are available to meet with students to discuss concerns with their academics, personal/social/family conflicts college and career planning



Group Counseling:

Students may be referred for counseling groups thru self, friends, family, teacher, and/or staff. Groups are created based on needs of the students.

Some examples of Groups held include Grief/Loss, Depression/Anxiety, Self-Esteem Building, and Changing Families



Grade Level Guidance Lessons

- How to be successful in High School
- Using AERIES, HAIKU, and Microsoft 365
- Understanding Credits and Grades
- Time Management and Self-Care
- Graduation Requirements
- College Entrance (A-G) Subject Requirements
- College Planning essentials including PSAT, SAT, ACT test, Financial Aid (FAFSA) and Scholarship Search tools
- Individual Academic Plan for College, Military, and Career Pathways

TEEN HELP RESOURCE LIST

COUNSELING RESOURCES

- Family Service Association (951) 686-1096
- Lighthouse Counseling (951) 506-0662
- Novell & Novell Counseling (951)-694-0695
- Temecula Children's Mental Health Clinic (951) 600-6355
- Lesbian, Gay, Bisexual & Transgender Hotline 1-888-843-4564
- Boy's Town 1-800-448-3000
- HELPLine 24 hour Crisis/Suicide Line (951) 686-HELP

SUICIDE PREVENTION/INTERVENTION

- National Suicide Prevention Lifeline 1-800-SUCICIDE
- California Youth Crisis Line 1-800-843-5200
- Teen Line (6 pm-10 pm) 1-800852-8336
- Children's Treatment Services (951)358-4840
- Poison Control (24 hrs) 1-800-876-4766

PHYSICAL OR SEXUAL ABUSE

- Child Abuse Hotline (24 hrs) 1-800-442-4918
- Domestic Violence (24 hrs) (951) 683-0829
- Rape Crisis Center (24 hrs) 951-686-7273
- ChildHelp USA (24 hrs) 1-800-4-A-CHILD

RUNAWAY SERVICES

- Operation Safehouse (951) 351-4418
- National Runaway Switch Board (24 hrs) 1-800-RUNAWAY



MVHS

Counseling Department

Our mission is to support academic achievement, inspire personal growth, and provide a foundation for developing future educational and career goals

(951) 696 – 1408

<https://www.murrieta.k12.ca.us/domain/1433>



Please visit our
Counseling
Website



<https://www.murrieta.k12.ca.us/Page/7957>

Counseling

- Welcome to Counseling
 - + Volunteer Organizations & Needs
- MVUSD Counseling Newsletter
- + Academic Support
- Alternate Residency or Guardianship
- + College & Career Center
- Community Service
- Counseling Event Calendar
- Counseling Office Forms
- Records & Transcripts
- School Lunch Information
- + Social Emotional Support
- Student Guardianship



School Counselors

Students can make an appointment or sign-in during their lunch time, before or after school. Counselors are available to meet with students daily to discuss their academics, personal/social concerns, and college and career planning.



Julie Thornburg

jthornburg@murrieta.k12.ca.us
9th Grade (A-M) and IB Counselor

Dinora Mendoza-Montoya

dmendoza-montoya@murrieta.k12.ca.us
9th Grade (N-Z) and AVID Counselor

Nicole Castro

ncastro@murrieta.k12.ca.us
10th Grade and EL Counselor

Jim Vandenburg

jhvandenburg@murrieta.k12.ca.us
11th Grade Counselor
NCAA and Lead Counselor

Rick Lockwood

rlockwood@murrieta.k12.ca.us
12th Grade and SDC Counselor

Guidance Support

Kelli Gaines

kgaines@murrieta.k12.ca.us
To make an appointment with a Counselor, contact Mrs. Gaines at (951) 696-1408 ext. 5290



Guidance Technicians

The Guidance Techs offer assistance with enrollment, registration, transcripts, and work permit needs.

Beatriz Velasquez (A-K)

bvelasquez@murrieta.k12.ca.us

Valerie Young (L-Z)

vyoung@murrieta.k12.ca.us

