

# VISTA MURRIETA HIGH SCHOOL

## September Counseling Newsletter

### MEET OUR COUNSELING TEAM



**Mrs. Osorio**  
AVID & A -  
Ban East Hall



**Mrs. Padilla**  
EL & Bar - Cha  
East Hall



**Mr. Tyler**  
Che-Ge  
West Hall



**Mr. Peterson**  
Gi - La  
West Hall



**Mrs. Candaele**  
Le - O  
West Hall



**Ms. Valenzuela**  
P - Se  
East Hall



**Ms. Hill**  
Sh - Z  
East Hall



**Mrs. Burow**  
Assistant Principal  
East Hall



**Mr. Bennett**  
School Psychologist  
Grades 10-11 / W115



**Mrs. Mendoza-Blie**  
School Psychologist  
Grades 9, 12 / W115



**Mrs. Talarzyk**  
School Social  
Worker West Hall



**Mrs. Gonzalez**  
School Social  
Worker West Hall

Counselors meet with students for transcript reviews during the following weeks:



Seniors: 8/28 - 9/1

Freshman: 9/11 - 9/15

Juniors: 9/25 - 9/29

Sophomores: 10/9 - 10/13



Take a moment to refresh your mind in our Wellness Room or come in during lunch. Mrs. Talarzyk and Mrs. Gonzalez host "Lunch Bunch" where you can hang out, play games and meet friends during your lunch.

VM  
HS



W121 - Lunch Bunch during 1st lunch  
W112 - Lunch Bunch during 2nd lunch

# Wellness ROOM



## Mrs. Talarzyk's Wellness Room



W112



ext. 6571



2nd lunch



## Mrs. Gonzalez's Wellness Room



W121



ext. 6785



1st lunch

The VMHS Wellness Room's purpose is to give students a place to temporarily relax, renew, and refresh when they are feeling emotionally overwhelmed. It is a safe space to learn and practice emotional self-regulation.

# Mental Health Resources



- Teen Line: <https://www.teenline.org/>
- Take Action for Mental Health: <https://takeaction4mh.com/tooltip-categories/may-is-mental-health-matters-month-2023/>
- Mental Health Resources: <https://www.murrieta.k12.ca.us/Page/37361>
- Coping During Community Unrest: <https://988lifeline.org/current-events/coping-during-community-unrest/>
- Need Help Finding a Therapist? <https://caresolace.com/site/murrietafamilies>
- Calming Spaces: <https://www.murrieta.k12.ca.us/Page/36670>

## LUCKY PAWS

CAREspace has partnered with the Riverside County Department of Animal Services to connect you with your Lucky PAWS! Thanks to generous donor support, your Lucky PAWS adoption fees are waived!

- Meet your Lucky PAWS! <https://rcdas.org/rcdas-pet-harbor-adopt-search>
- Please complete a CAREspace referral at [www.rcoe.us/carespace](http://www.rcoe.us/carespace) and select Lucky PAWS today!

Please contact us at (951) 276-CARE (2273) to speak with someone from our CAREspace team!

## CUDDLE KEEPSAKES

The Elizabeth Hospice provides bereaved families in the community with precious keepsakes made from an article of clothing from their loved one. Our incredibly talented team of volunteers can transform a favorite shirt, blouse, or pajamas into a stuffed bear or stuffed pillow that serves as a cuddly reminder of someone special. We offer one bear and one pillow at no charge to each bereaved family. Additional Cuddle Keepsakes can be purchased (Cuddle Bears are \$25 each; Cuddle Pillows are \$15 each). For more info or to become a Cuddle Keepsake volunteer, contact Cindy at 760-294-5864.

## NO CHILD SHOULD GRIEVE ALONE

Caring for community members is a key element of our mission at The Elizabeth Hospice. Highly trained, compassionate professionals and volunteers in our Children's Bereavement Program support children through their grief and loss. Services are free of charge and open to everyone in San Diego County and Southwest Riverside County. For more information, email [childrensbereavement@ehospice.org](mailto:childrensbereavement@ehospice.org) or call 760-223-7337.





# WELLNEWS



A MONTHLY WELLNESS NEWSLETTER

SEPTEMBER 2023 • ISSUE 5 • VOLUME 2

## Share Hope Together FOR SUICIDE PREVENTION

KNOW THE SIGNS. FIND THE WORDS. REACH OUT.

SUICIDE PREVENTION WEEK: SEPTEMBER 10TH - 16TH, 2023  
WORLD SUICIDE PREVENTION DAY: SEPTEMBER 10TH, 2023



### SMARTPHONE APPS

- [MY3](#)
- [What's Up Safehouse](#)
- [A Friend Asks](#)
- [Better Stop Suicide](#)
- [Suicide Safety Plan](#)

APP

Everyone can play a role in suicide prevention by knowing the signs of suicide, finding the words to support a friend or family member, and by reaching out and promoting local and national resources. Suicide is preventable and together we can make a difference! Check out the links below for more information and guidance:

- [Suicide Prevention Activity Sheet](#)
- [SuicideisPreventable.org](#)
- [Up2Riverside.org](#)
- [EachMindMatters.org](#)

### CRISIS RESOURCES

#### Riverside County Crisis Helpline

(951) 686-HELP (4357)

#### Crisis Text Line

Text HELLO to 741741

#### Trevor Lifeline

(866) 488-7386 or  
Text START to 678678

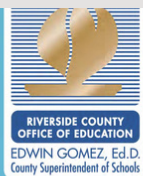
#### CA Youth Crisis Hotline

(800) 843-5200

#### Suicide & Crisis Lifeline

Call 988





**The Advanced Placement Readiness (APR) program provides supplemental instructional support to current and potential AP students in the following courses:**

- AP Biology
- AP Calculus AB
- AP Chemistry
- AP English Language
- AP English Literature
- AP Human Geography
- AP Physics
- AP US History
- AP World History

The APR program also provides high level professional development for current and potential teachers of AP courses in STEM and Humanities areas. AP teachers involved in APR will participate in course-specific professional learning that includes observing and interaction with master teachers and engaging in professional networking that promotes best practices and rigorous AP instruction.

## UPCOMING SESSIONS

Date	Location
Saturday, September 9, 2023	UC Riverside
Saturday, October 7, 2023	Virtual
Saturday, November 4, 2023	UC Riverside
Saturday, December 2, 2023	Virtual
Saturday, January 13, 2024	UC Riverside
Saturday, February 10, 2024	Virtual
Saturday, March 9, 2024	UC Riverside
Saturday, April 13, 2024	Virtual

**TIME 9:00 a.m. – 1:00 p.m.**

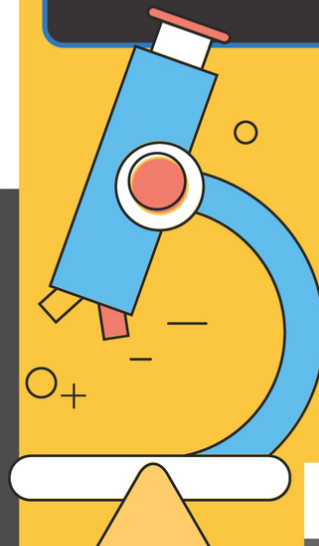
## CONTACT

**JAMES KEIPP, DIRECTOR, AP READINESS PROGRAM  
UC, RIVERSIDE, GRADUATE SCHOOL OF EDUCATION**

📞 **951.827.6058**

✉️ **[JKEIPP@UCR.EDU](mailto:JKEIPP@UCR.EDU)**

🌐 **[apreadiness.ucr.edu](http://apreadiness.ucr.edu)**





# VMHS CALSOAP COLLEGE SUCCESSCOACH Khaleel Childs

"I am a 4th-year CSUSM student in pursuit of my Bachelor of Science degree in Business Administration. I am a California native, born and raised in the Inland Empire. I look forward to helping students in preparing to start the next chapter of their lives."

## SUPPORT WITH:

- Financial Aid
- College Applications
- Scholarship Research
- Matriculation Help and Support
- Cal-KIDS



Scan here  
to make an  
appt. with  
Mr. Childs



College &  
Career  
Center

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kchilds@rcoe.us  
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**CALIFORNIA COLLEGES GUIDANCE  
INITIATIVE (CCGI)**

**WHY CALIFORNIACOLLEGES.EDU?**



### TOOLS for STUDENTS

- Discover your interests and values.
- Find careers, colleges, or training to reach your goals.
- Learn how to find money to pay for college.
- Launch college and financial aid applications.
- Monitor all your progress in one place.



### TOOLS for PARENTS

- Support your child's college and career planning.
- Keep an eye on their academic progress.
- Learn about money that can help them pay for college.
- Help them navigate applying for college and financial aid.

**CALIFORNIACOLLEGES.EDU**

Contact your  
Counselor for more  
information!

