

JANUARY 2022

# Counseling Connection

Mrs. Hacker, School Counselor  
mhacker@murrietak12.ca.us

---

## Support and Links

---

Care Solace:  
Mental Health Concierge  
[Click here](#)

Crisis and Helpline  
Resources  
[Click here](#)

Local Resources  
(food, clothing, housing  
assistance)  
[Click here](#)



January 17, 2022 is Dr. Martin Luther King, Jr. Day. We celebrate the Civil Rights leader's life and legacy as a national day of service encouraging all Americans to volunteer to improve their communities.

# SEL FOCUS: KINDNESS



During the week of January 24th-28th we celebrate the Great Kindness Challenge. At the heart of the Great Kindness Challenge is a simple belief that kindness is strength. We also believe that as an action is repeated, a habit is formed. With the Great Kindness Challenge checklist in hand, students have the opportunity to repeat kind act after kind act. As kindness becomes a habit, peace becomes possible. The Great Kindness Challenge is a grassroots movement that is making our schools, communities, and world a kinder and more compassionate place for all. Working together, we joyfully prove that KINDNESS MATTERS!

Kindness  
MATTERS!

Want to do some kindness acts as home as a family?

Click [HERE](#) to download the Family Great Kindness Challenge Checklist in English.

Click [HERE](#) to download the Family Great Kindness Challenge Checklist in Spanish