

THE Counseling CONNECTION

Tovashal Elementary

School Counselor: Amy Cohen, acohen@murrieta.k12.ca.us

Week of May 4th – May 8th

Weekly Topic - Resilience

Hi Tigersharks and parents! We've made it to May! I hope you are all doing well and finding ways to cope through this difficult time. This week's topic is resilience. Resilience is our ability to bounce back from stressful or difficult situations. It's a skill that so many of us are demonstrating right now. On the next page, you will find various videos, activities, and posters related to building your resilience.

MVUSD MENTAL HEALTH ASSISTLINE

MVUSD is launching an Assistline this week. This line is not for crises, but rather to help support students, parents, and staff who seeking mental health/social emotional wellness supports, consultation, and community linkage. Please click [this link](#) to view the contact information for the Assist line. The flyer can also be found in this newsletter.

Virtual Counseling

Just a reminder, I am here to help you all in any way that I can. I am now able to do Virtual Counseling, so if you would like to schedule a session, please let me know. If you need to contact me, my email is: acohen@murrieta.k12.ca.us.

5th Grade Parents

If you have any questions regarding Middle School, please follow the link or QR code to the 5th Grade Transition to Middle School Form. Filling out this form will help Middle School Counselors address your questions. [5th Grade Transition to Middle School](#)



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Social Emotional Learning Resources

Below are some videos and resources you can utilize while you're home. These resources are about resilience and ways you can build your resilience.

Ms. Cohen – [Resilience](#)

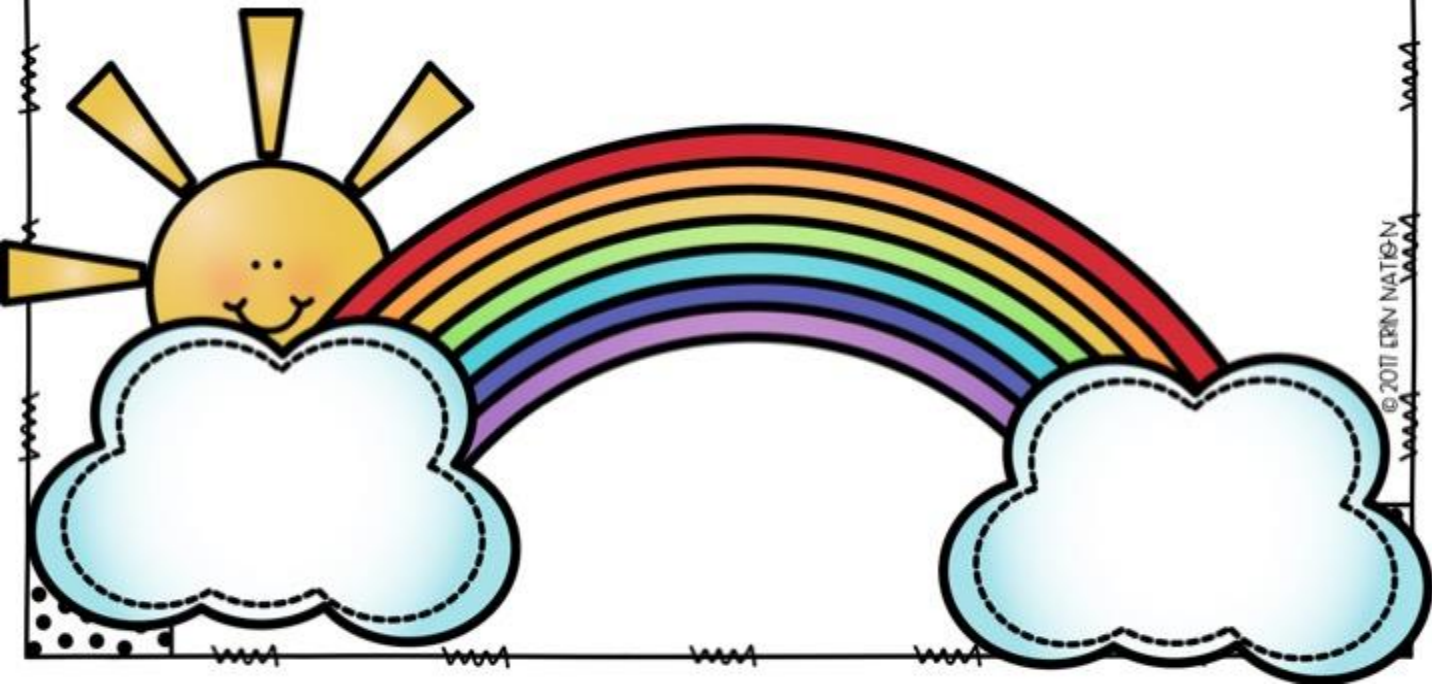
Click View – [Growth Mindset](#)

Activity – [Strengths and Challenges](#)

Activity – [Strengths and Resilience](#)

Poster – [What to Tell Myself When I'm Feeling Discouraged](#)

Poster – [What To Do When I Make a Mistake](#)



INTRODUCING MVUSD'S MENTAL HEALTH ASSISTLINE

Murrieta Valley Unified School District

MENTAL HEALTH ASSISTLINE

For Students, Families and Staff



NEED HELP

SUPPORT

RESOURCES

**Available
Mon-Fri. from
10 a.m. to 2 p.m.**

951-304-1841

HABLAMOS ESPAÑOL

NOT A CRISIS LINE! ONLY SUPPORT

