

THE Counseling CONNECTION

Tovashal Elementary

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

Week of May 11th – May 15th

Weekly Topic - Gratitude

Hi Tigersharks and parents! I hope you are all doing well! I miss you all very much and can't wait until we can see each other again. This week's topic is gratitude. Focusing on the people and things for which we are grateful is a positive coping skill. On the next page, you will find various videos, activities, and posters related to gratitude and ways you can express your gratitude throughout the week.

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.



MVUSD MENTAL HEALTH ASSISTLINE

MVUSD has launched an Assistline. 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.

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](#)



THE Counseling CONNECTION

Tovashal Elementary

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

Social Emotional Learning Resources

Below are some videos and resources you can utilize while you're home. These resources are about gratitude and ways you can express your gratitude for others and yourself.

Activity – [Gratitude Prompts](#)

Activity – [Gratitude Questions](#)

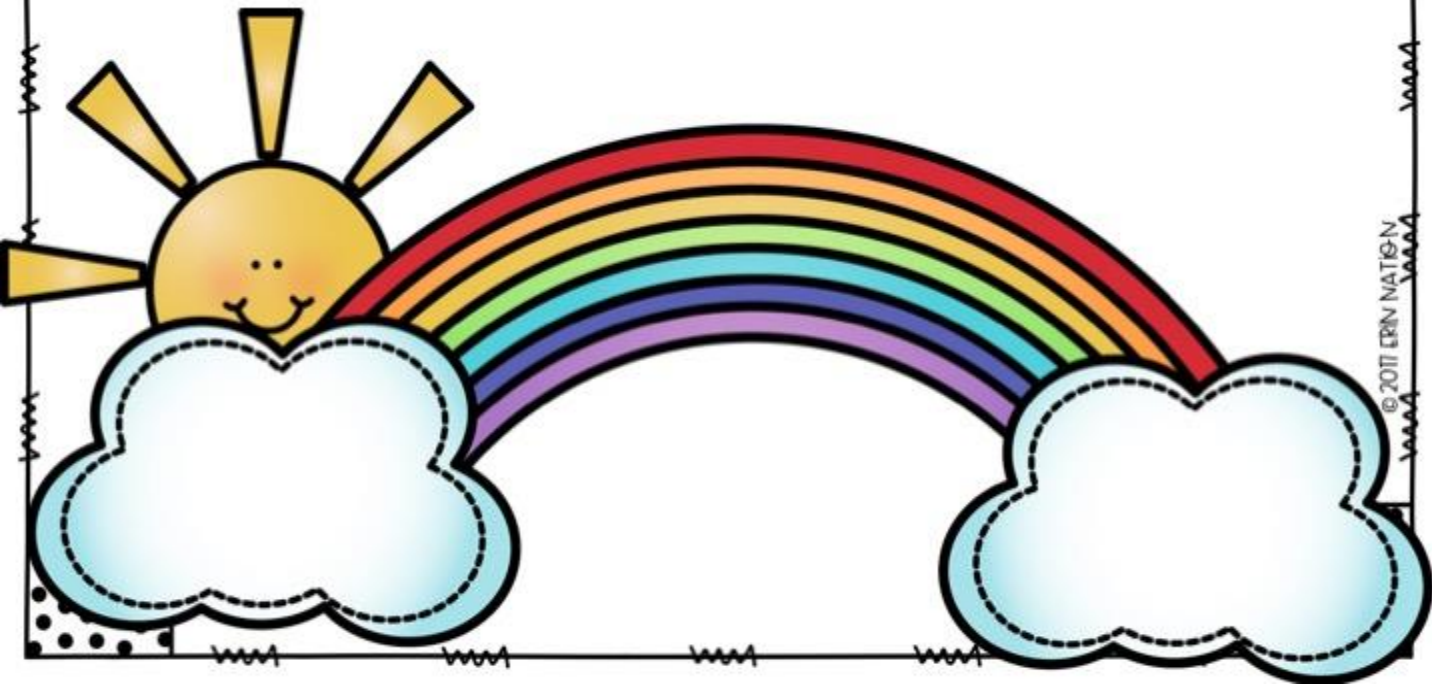
Activity – [I Am Grateful For...](#)

Activity – [My Favorites](#)

Activity – [Gratitude Activities](#)

Mind Yeti – [Hello Gratitude](#)

Mind Yeti – [Thank You Nature](#)



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



CareSolace – Personalized Concierge Mental Health Service



caresolace.com

24/7

Confidential

Free

Trusted

Fast

HOPE



www.caresolace.com/murrietafamilies

CareSolace Services are provided **FREE** to Murrieta Valley USD students, staff and their families.

The Mental Health concierge services match needs with insurance info, and open providers who can assist with therapy, inpatient/outpatient treatments, detox centers and individual/marital/family counseling, eating disorders and more.

CareSolace Phone Number: 888-515-0595

CareSolace website:

www.caresolace.com/murrietafamilies