

# Counseling Connection

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## Support & Links

### Mental Health Concierge

[Care Solace](#)

[Click Here](#)

[Care Space](#)

[Click Here](#)



### Community Resources

[Click Here](#)



### Counselor Check In

[Click Here](#)



## Virtual Libraries

[Mental Health Awareness Library](#)



[AAPI Heritage Month Daily Library](#)

[AAPI Virtual Library](#)

## May is...

### Mental Health Awareness Month

During May, there is a national movement to bring awareness to mental health. Together, we can fight the stigma, by providing support and advocating for better mental health. Click on the Mental Health Awareness Library link to the left or visit [NAMI](#) for additional resources!



Celebrate the rich culture and contributions of Asian Americans and Pacific Islanders in our history. From the stories of fierce leadership, to the food, athletes, and powerful scientists, this is a great opportunity to learn more about what an important role many AAPI play in our history. Click on the Month Daily Library and the virtual library to the left to learn more!



# Memorial Day



Memorial Day is a solemn day of remembrance for everyone who has died serving in the American armed forces. The holiday, originally known as Decoration Day (May 30th, 1868), started after the Civil War to honor the Union and Confederate soldiers who had died. Memorial Day became an official United States federal holiday in 1971, and is observed on the last Monday of May.

Memorial Day 2022, will occur on Monday, May 30.

Poppy Day, as it is also known as, is celebrated in countries around the world. The American Legion brought National Poppy Day® to the United States. On the Friday before Memorial Day, wear a red poppy to honor the fallen and support the living who have worn our nation's uniform. [LINK TO Make a Poppy: CLICK HERE](#)



## Change Happens... How to adjust?

As the school year is wrapping up, students may feel anxious about testing, missing friends over summer, changing teachers & grade levels, or adjusting to a new summer routine

### Tips for Families:

#### Encourage socialization over the summer!

- Exchange contact information with other families
- Schedule summer play dates
- Encourage student to keep in touch with classmates over summer

#### Use positive affirmations for anxious feelings:

- "This may be a big change, but we are here for you."
- "I understand you're worried, let's try some deep breaths together."
- "It's okay to feel a little anxious, remember you're amazing and you got this!"



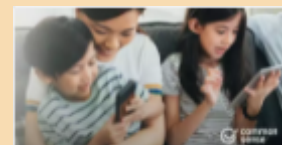
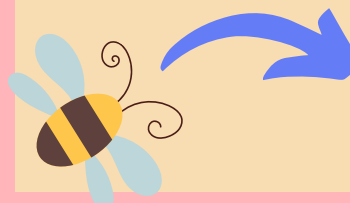
## DIGITAL CITIZENSHIP

With Spring upon us and Summer approaching quickly, it's time for a technology tune-up!

- Are your parental controls up to date?
- Do you have healthy time limits set?
- Has your child learned how to be a Digital Citizen?
- Do you know which games and movies are age appropriate?

All of these and much more are available on Common Sense Media. (click on picture)

**Then click on "Parents Need to Know"**



**Age-Based Media Reviews for Families**  
Common Sense Media is the leading source of entertainment and technology recommendations for families. Parents trust our expert reviews and...