

Dear Parents:

Catholic Charities Counseling Services provides a wide range of supportive services developed to meet the needs of students, families and faculty. **St. Edward School** faculty and staff are aware that with our world's stressful environment most students and families, at times, may need additional support. We are dedicated to providing as much supportive help as possible to you and your student in order to alleviate distress and prevent further complications later in time. Students may be seen individually or may wish to participate in a small group setting. Some of the goals of counseling are to help students assume responsibility for their own actions, to develop the most effective patterns of behavior both at school and home, to improve relationship skills, and to increase the student's positive self-image. Some of the topics addressed may include stress and anger management, conflict resolution, peer relationships, divorce recovery, grief/loss, bullying prevention, personal safety, study skills, learning differences and attention deficit disorder.

Catholic Charities Counselors are either graduate students in masters or doctoral degree programs (trainees), postgraduate interns, or licensed therapists. Our counselor at St. Edward is Susan Seidman LMFT (Licensed Marriage & Family Therapist). This is her sixteenth year with us on campus.

All counseling provided by Catholic Charities Counseling Services is confidential. Information obtained through counseling does not become a part of the student's school file. Although it is essential to protect student's rights to confidentiality, we wish to work jointly with you in the best interest of your child. **Please Note: in the event of danger to self or others, or reasonable suspicion of child abuse, all counselors are mandated by law and by the ethics of the counseling profession to take steps to protect the student, including informing appropriate authorities.**

In order for your student to use the counseling services, you must sign and return the ***Consent for Counseling*** provided on the reverse side. Students are referred for counseling in three ways: by a parent, by a school faculty or staff member, or by the student (self-referred). Your consent insures that your child may use the counseling

Services if you, your child, or the school deems it necessary at any time in the school year. If you think that your child is experiencing academic, behavioral, emotional or social difficulties, please contact your school counselor on campus at any time throughout the school year.

Individual and family counseling is also available through Catholic Charities Counseling Services at many locations throughout San Bernardino and Riverside Counties. Appointments may be made by calling the main office at (909) 370-1293 and requesting "Intake" Day, evening and weekend appointments are available.

Sincerely,

Shanna Puels, MS, LMFT  
School Counseling Services Coordinator

PLEASE SIGN BELOW AND RETURN TO YOUR CHILD'S SCHOOL AS SOON AS POSSIBLE

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Catholic Charities Counseling Services

**CONSENT FOR COUNSELING**  
**St. Edward School**

- I give permission for my student to use the school counseling services if referred.

\_\_\_\_\_  
Name of Student (please print)

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Name of parent/legal guardian (please print)

\_\_\_\_\_  
Relationship to Student

\_\_\_\_\_  
Signature of parent/legal guardian

\_\_\_\_\_  
Date

1441 NORTH 'D' STREET, SAN BERNARDINO, CA 92405

PHONE: 909-763-4970

FAX: 909-763-4977