

The CBHS Counseling Courier

Your Bi-Monthly Newsletter About All Things Counselors
Volume I, September 2022



While high school can be the best time of our lives; for many, it may bring multiple challenges. We, your counselors, are here to assist you with any struggles that you may face.
We are your OASIS.

Thorpe's Thoughts

"Don't be pushed by your problems.
Be led by your dreams."

Ralph Emerson

Ways to Manage Your Anxiety

1. Speak to your parents
2. Go see your school counselor
3. Talk to a trusted CBHS staff member
4. Practice calming strategies such as: color, read, write, draw, paint, sing, dance, exercise, or breathing technique

There's An App For That...



Headspace: Teaches effective meditation

Calm: Helps you fall asleep easier and teaches meditation

The Mindfulness App: Teaches you meditation and sends reminders for you to chill out

Breathe2Relax: Walks you through breathing exercises

Pacifica: Tracks your mood and provides relaxation techniques

Relax Melodies: Helps you sleep

MindShift CBT: Helps you take charge of your anxiety and teaches strategies for calming yourself

Counselor	Last Name Breakdown
Dianne Thorpe	Director
Vanessa Longhi	A-CAM
Rosa Mazzocca	CAN-FEO
Sheryll Wilson	FER-IN
Ligia Martinez	IP-MEL
Aisa Gonzalez	MEN-POR
Harmony Smart	POS-SHU
Carlos Fortun	SI-Z