

From Steve Abrams, St. Dunstan School Counselor

August 28, 2013

Dear Parents,

As we move forward into the 2013-2014 school year, this is a good time to introduce myself and our counseling program to our new parents, and add my voice to the many others welcoming you and all the familiar faces back to school.

Our counseling program provides children and families with an opportunity to address many different issues in a supportive environment. I help with conflict resolution and peer relationships, classroom behaviors, and the wide range of emotional issues that may affect children's performance at school. I work with children and parents individually, in groups, and lead classroom discussions on a wide variety of topics at the invitation of your child's teacher and the School Principal. Classroom presentations include the subjects of friendship and bullying, managing stress, and the middle-schoolers learn about sexual harassment, a subject misunderstood by many and one taken very seriously by the Archdiocese.

I'm visiting the classrooms, introducing myself and our counseling program, and encouraging the idea that asking for help is a strength, not a weakness. Having serious problems is not a requirement for us to have a chat.

We're all doing our best to raise emotionally healthy children in difficult times, and we need to work together and share ideas. As we're all aware, the kids don't come with a manual, and what works for some of us doesn't work for others despite the sometimes good advice in the many self-help books available.

I'm at St. Dunstan School on Wednesdays, and I can be reached outside of school at (650) 692-6071. Don't hesitate to call for any reason, and please stop by and say hello. My approach is a collaborative one; we'll work together to find solutions that work for you. This is my 17th year at St. Dunstan School. I appreciate the opportunity to work with you and your children, and consider it a privilege to be part of the St. Dunstan Parish Community.

Sincerely,

Steve Abrams  
School Counselor