

From Steve Abrams, St. Dunstan School Counselor

September 12, 2014

Dear Parents and Guardians,

As we move forward into the 2014-2015 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.

I'm visiting the classrooms, introducing myself and our counseling program, and I believe that asking for help or seeking some new ideas 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 working together and sharing ideas can be helpful. 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 Catholic School on Wednesdays, and I can be reached outside 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 try to find solutions that work for you. This is my 18th year at St. Dunstan. 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