

# The Wellness Center

## Have You Been Noticing Any Of The Following Behaviors In Your Child?

- Feeling Sad or Withdrawn for multiple weeks.
- Drastic change in Behavior or Mood.
- Has stopped maintaining basic hygiene.
- Experiencing overwhelming or sudden fear/nervous behavior.
- Struggling with engaging with family members or peers.
- Struggling with academics, work, basic responsibilities and social interactions.
- Getting easily agitated or aggressive.
- Spending more time in their room without Interacting with others for extended periods of time.

## Staff



## Who We Are

### The Wellness Center

provides school-based supportive services to students and families within the school community, including preventive, on going and crisis related interventions. We work collaboratively with the school's guidance team to provide evidenced based therapies for students who are experiencing emotional distress and/or behavioral problems.

Our focus and goal is to educate students and parents about emotional wellness, and establish safe environments that encourage and sustain healthy relationships and interactions for students and families.

## Online Referral Form



<https://bit.ly/3jAc7AX>

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