

# COUNSELOR CORNER

## February 2025 Newsletter

### Dragon Time:

This month, students will continue their career exploration through Xello. Students kickstarted the program by learning about their interests and taking a career matchmaker quiz! Follow along your student's journey by accessing your parent account! Contact your school counselor if you need any help logging in to your family's account.

The Xello logo is a green rounded square with the word "xello" in white lowercase letters.

### Upcoming Events

- **7th to 8th Grade (Virtual) Parent Night:** Jan. 21st at 5:30pm via Zoom:  
<https://zoom.us/j/94179357636#success>
- **7th to 8th Grade Scheduling** with JMS Counselors Feb. 5 & 6.
- **6th to 7th Grade Scheduling** will take place in February.

### Contact

Last Names:

Lauren Heston (A-G)

Bri De Moss (H-N)

Shannon Brock (O-Z)

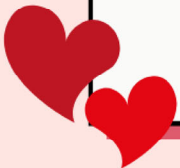
### Resources

#### **Easterseals Iowa Brain Health:**

Emotional Regulation Therapy Group - Coping Skills and Beyond

Check out the attached flyer if your child is interested in joining a small group outside of school through Easterseals Iowa Brain Health.

Email [therapy@eastersealsia.org](mailto:therapy@eastersealsia.org) or call 515-309-2032 to enroll!





## ..... Emotional Regulation Therapy Group – Coping Skills and Beyond

This group is a therapeutic group where teenagers learn to regulate their emotions with more than a few common coping skills. Group sessions will cover emotional regulation skills through the Skills System by Julie Brown. This system helps individuals learn how to regulate and manage emotions, be present in the moment and effectively manage stressful situations.

### JOIN US!

- An emotional regulation group for teenagers grades 7th through 12th
- Tuesdays from 4:30pm – 6:00pm
- March 4 – May 27 • No group on March 18
- Easterseals Iowa - Building 1 – Front Medium Conference Room  
401 NE 66th Ave, Des Moines, IA 50313
- Group will be facilitated by Kris Clark, LMSW
- Open to all abilities and covered by most insurance companies

### REGISTRATION

To enroll please email Easterseals Iowa Brain Health at [therapy@eastersealsia.org](mailto:therapy@eastersealsia.org) or call 515-309-2032. Please include age and grade of child.

