

# THE Counseling CONNECTION

## Reilly Elementary School

Cristina Nalbach, MA, PPS

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### Meet the School Counselor

My name is Cristina Nalbach and I am happy to be your child's school counselor. I have been a school counselor for 8 years and I was at Reilly in 2018.

This year your child will be receiving school counseling lessons in their classroom including; Skills for Learning, Emotion Management, Empathy, Problem Solving, College and Career, and Bully Prevention.

I am also available to meet with students individually and in small group. Recently, I hosted the new student lunch for our new Patriots! We had fun getting to know one another.

Please check out my Counselor Corner link on the Reilly website:

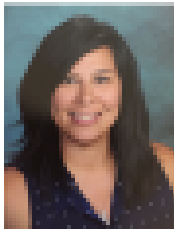
<https://pres-capousd-ca.schoolloop.com/meetyourcounselors>

You will find more information on school counseling services on the Counselor Corner.

I look forward to working with our amazing teachers, staff and families this year!

Take Care and Self-care

Hi! I am Mrs. Nalbach!



### September's Focus:

- Classroom Lessons Begin!
  - School Counselor Introduction



# 10 WAYS

# to Calm Down



1. Breathe in and out slowly 10 times.

2. Squeeze a stress ball.

3. Take a break and get a drink of water.

4. Talk to a grown-up.

5. Hug someone.

6. Draw a picture about it.

7. Write about your feelings.

8. Do some stretches.

9. Think of something happy.

10. Read a magazine or book.

