

# Message from the School Counselor

Dear St. Ursula Villa parents:

I hope that you're beginning to find a flow to your days, yet I'm well-aware that the stressors continue. I'm writing to let you know that I'm available for one-on-one or small group counseling with students starting next week via Zoom videoconferences. I'm following the guidance of the American School Counselor Association for "distance school counseling".

While use of a virtual platform can't guarantee complete confidentiality, in order to safeguard student privacy, school counselors are given some guidelines:

- Use headphones with a microphone and suggest students do as well.
- Identify a private room for meetings and use white noise/music (as needed) to prevent others from overhearing private conversations.
- Set specific "office hours". As of right now, my hours are Tuesday, Wednesday, and Thursday afternoon 1:00-4:00 p.m. (Sessions will last roughly 30 minutes, but adjustments will be made on an individual basis.)

Please be assured that I will take these precautions in my home. In addition, Zoom has a recording function and I will make sure it is disabled. I will also follow St. Ursula Villa's current policy of meeting with a student no more than 3 times before I seek signed parental permission.

I invite you to go to my website: [susanfriedmancounseling.com](http://susanfriedmancounseling.com). You'll find resources on various topics, such as coping strategies, and links to other websites you may find useful. Please feel free to share your interests or concerns with me via my St. Ursula Villa email, and I'll try to update the website accordingly.

As always, I invite you to contact me with specific questions or concerns about your child or family situation. We are all living with tremendous uncertainty and worry these days and need to lean on each other to get through it. Take a minute from time to time to just BREATHE.

Take care,

Susan Friedman

## HOW TO SCHEDULE A MEETING WITH MS. FRIEDMAN

- Students (or their parents) email [s.friedman@stursulavilla.org](mailto:s.friedman@stursulavilla.org) to make a request for a video counseling session. Please include:
  - preferred day/times to meet or indicate no preference. (Reminder: office hours are Tuesday-Thursday 1:00-4:00 p.m.)
- Ms. Friedman will reply to the email to confirm meeting time, including Zoom meeting information.