Counseling Resources

Counselors in all divisions are ready to help during this crisis. Please find information on How to contact counselors here. Below you will find a wealth of helpful links for families looking for help or information. We will update these files weekly, so check back!

Useful, Timely Resources

Inner Kids, from Susan Kaiser Greenland

"Parenting in a Pandemic" # 231, Susan Kaiser Greenland interview with Dan Harris

A Big List of Podcasts for Little Kids, from the New York Times, for ages 2-6.

10 Percent Happier: A Podcast on Mindfulness.

Mindful Schools: Take a Break, Keep Perspective, Be Kind in Uncertain Times

Active Minds – Active Minds is a leading non-profit organization in mental health awareness and promoting emotional wellbeing. Their blog, as well as their resource page, has really helpful information regarding self-care during this time, as well as overall support for mental and emotional wellbeing.

Coping with COVID Anxiety – Helpful, easy-to-digest guide on dealing with anxiety during this time. These tips can be helpful for adults and students alike.

Hand in Hand – How parents can cope during this time:

Playful Parenting – Newman alum, author, and child psychologist Larry Cohen highlights the importance of connection over completing coursework at this time on his website.

Generally, we also recommend the following resources to parents and use for ourselves as trusted sources of information:

The Child Mind Institute - The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders.

CHADD – Providing support, education and encouragement to parents, educators, and professionals concerning ADHD.

Mindful Schools - Our vision is for all children to learn in schools that encourage greater awareness, focused attention, and compassionate action.