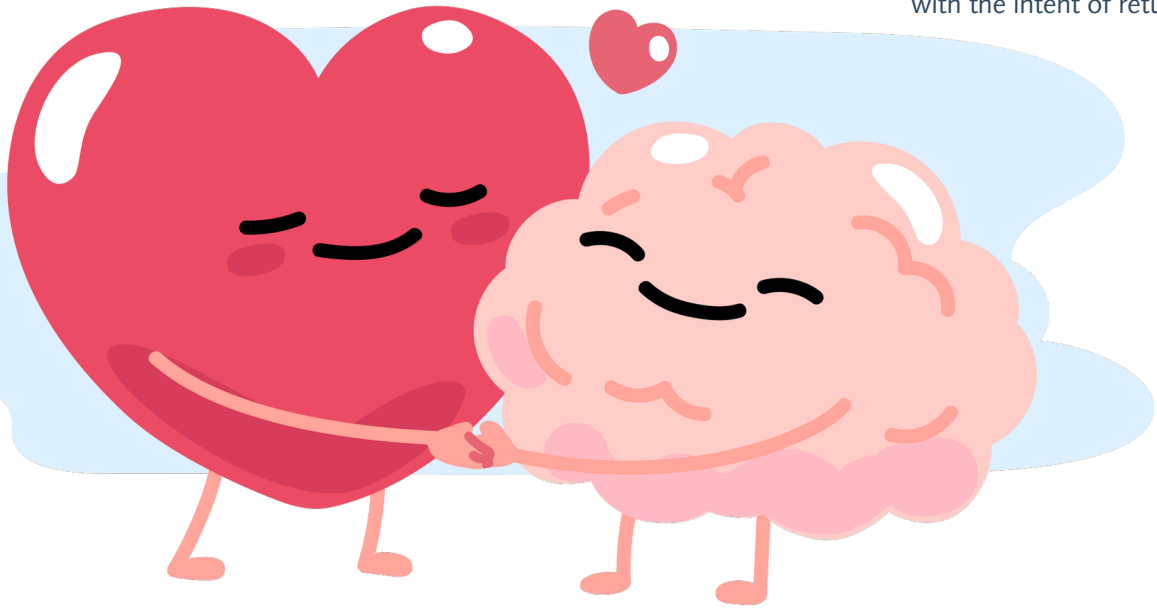


# WELLNESS ROOM & SERVICES:

## COUNSELING & FAMILY SUPPORT

We are excited for the 25/26 school year to begin and thrilled our Wellness Room will continue to be an inclusive space for all students. The Wellness Room houses Madeline Bramer [our school counselor] & Evangelina Thomas [our school social worker], and is where we provide individual & group counseling, breaks for students needing to practice coping and self-care strategies, etc. with the intent of returning to class.



### Counseling Services Provided

As the School Counselor, Mrs. Bramer provides a comprehensive counseling program to students on a bi-weekly basis. All students will learn to understand their emotions, the importance of setting and achieving goals, how to create and maintain healthy relationships, and many other invaluable social/emotional skills.

#### Counseling Services Provided:

- ♡ Scheduled Whole-Class SEL Lessons – (all grade levels & classrooms)
- ♡ Small Group Counseling – (based on student needs - consent necessary)
- ♡ Individual, Short-Term Counseling – (goal-oriented, not “therapy”)

**Madeline Bramer M.ED., PPSC**  
**School Counselor**  
**mbramer@ycusd.org**  
**(530)-822-5260 EXT. 23333**

### Social Services Provided

As the School Social Worker, Mrs. Thomas is the link between home, school and community in providing direct services to students and families to promote and support students' academic and social success. Our School Social Worker works alongside our School Counselor to maintain a comprehensive SEL program.

#### Social Work Services Provided:

- ♡ Individual, Short-Term Counseling – (goal oriented, therapy referral if needed)
- ♡ Small Group Counseling – (intentional and data driven)
- ♡ Community Resource Referrals – (connections to community organizations)

**Evangelina Thomas MSW, PPS**  
**School Social Worker**  
**evthomas@ycusd.org**  
**(530)-822-5260 EXT. 23101**