

Hello Again, my name is Grace Fryling, and I am the Clinical Therapist/School Liaison. I am new at the district and I hope that most of you were able to read the introduction letter I sent out. As my letter detailed, I am a Master Level Social Worker who will be providing therapy services to students throughout the district. Due to these unfortunate circumstances, I was unable to meet families and students in person. However, I will be posting on the school website and Facebook page over the summer to provide support and information on various topics related to mental health. These recent circumstances have been challenging for everyone and as things began to improve, it is important to remember to:

Stay connected with friends and family. Follow the guidelines regarding gatherings and use FaceTime, Zoom or Facebook when unable to meet in person.

Take advantage of warm weather and enjoy getting outside (continue to follow social distancing guidelines)

Monitor your news and social media usage. It is important to find the right balance, so you are informed without increasing your anxiety.

If you are struggling with your mental health or are experiencing extra stress and anxiety, please reach out to someone you trust. In addition to bi-weekly postings, I will also be available on Google hangouts every Tuesday from 10 am to 1 pm to answer questions and chat. If you would like to schedule a time to meet with me, please contact the High School at 269-793-7616.