

Mrs. Justine Plocher: School Counselor

[jplocher@hfgsglendale.org](mailto:jplocher@hfgsglendale.org)

626.421.7296

*Counseling services are available for children and families.*

*Please contact me for zoom, in person, and phone sessions.*

## **STUDENT SUPPORT SMALL GROUPS**

**ATTENTION 6<sup>TH</sup> AND 5<sup>TH</sup> GRADE STUDENTS!**  
**Need support dealing with stress? Want to learn simple coping techniques? Please join this week ☺**

### **6th Grade**

**Wednesday, February 3<sup>rd</sup> 4:00 PM**

**Click [here](#) to join zoom meeting**

**Meeting ID: 741 1014 7754**

**Passcode: rLKB4K**

### **5th Grade**

**Thursday, February 4<sup>th</sup> 4:00 PM**

**Click [here](#) to join zoom meeting**

**Meeting ID: 772 4848 9767**

**Passcode: 5upP38**

Your student is invited to join a grade specific zoom session focused on *managing stress* and *coping strategies*. The goal is to provide students a safe place to explore challenges and provide support!

Every group starts at 4 p.m. and will be approximately 30-45 minutes long. A zoom link will be provided the week of your small group. Please contact me with any questions.

Mrs. Justine Plocher: School Counselor

[jplocher@hfgsglendale.org](mailto:jplocher@hfgsglendale.org)

626.421.7296

*Counseling services are available for children and families.  
Please contact me for zoom, in person, and phone sessions.*

~~Grade 8: Wednesday, January 27<sup>th</sup>~~

~~Grade 7: Thursday, January 28<sup>th</sup>~~

Grade 6: Wednesday, February 3<sup>rd</sup>

Grade 5: Thursday, February 4<sup>th</sup>

Grade 4: Wednesday, February 10<sup>th</sup>

Grade 3: Thursday, February 11<sup>th</sup>

Grade 2: Wednesday, February 17<sup>th</sup>

Grade 1: Thursday, February 18<sup>th</sup>

Grade K: Wednesday, February 24<sup>th</sup>

