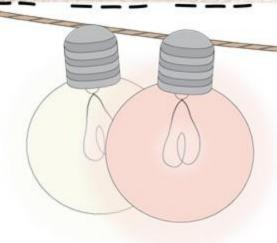


Mrs. Meniketti

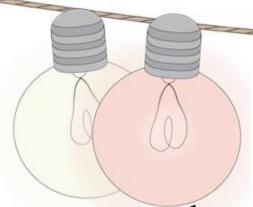
Wheatland Elementary School Counselor 2023-2024



A BIT ABOUT ME

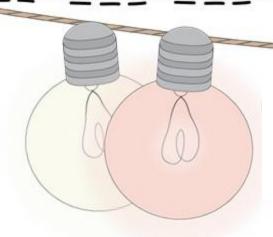
- This is my 3rd year at Wheatland Elementary School.
- I'm a mom to a 9 month old baby boy.
- I love rollercoasters, the beach, watching movies, and baking!





What I do

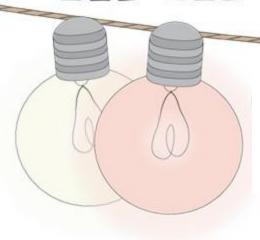
- Provide weekly classroom lessons on social emotional topics.
- Provide individual and group counseling to students needing additional support.
- Check-ins for kiddos having a difficult day.
- New student lunch bunches
- Conflict resolution
- Parent phone calls/check ins



How to start receiving counseling:

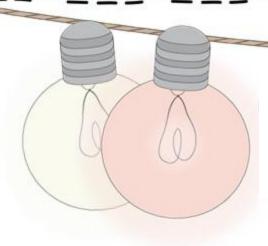
There are a few options:

- Fill out a referral form in the front office, reach out to me directly through email or phone, or let your child's teacher know you would like to begin counseling.
- A permission form will be sent home to be signed and returned.



Individual & Group Counseling topics:

- Anxiety/Worry
- Social skills/Friendship
- Self esteem
- Anger
- Divorce/Family Challenges
- Impulse control
- Coping tools and emotion regulation
- Military group (parent deployment)

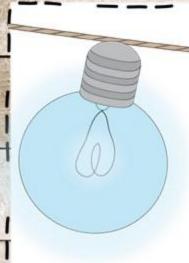


How long do counseling services last?

- Classroom lessons occur weekly throughout the entire school year.
- Individual and group lessons occur 1x per week for 8 weeks.

DON'T FORGET...

- Individual and group counseling lasts <u>8 weeks</u>.
- I support with helping your child learn skills necessary to tackle challenges they are facing.
- I am always here to support both you and your child!



CONTACT ME

- Email: mmeniketti@wheatland.k12.ca.us
- Phone: (530) 633-3140 ext. 3110

Manke you!