

Bulldog Blast

THE POLICE OFFICER ROCCO LAURIE SCHOOL
WWW.IS72.ORG

Counselors' Note

As we continue on this journey together, we hope that you and your families are establishing routines at home that work best for you. We know that the current situation with COVID-19 has affected the lives of everyone in the Rocco Laurie community in some way, and that it can cause stress, anxiety and a sense of uncertainty for students and families. Even though there are new challenges each and every day, we must continue to push ourselves and lean on each other. Hopefully you are participating in some of the self-care activities like yoga or the fun activities like the I.S. 72 Talent competition that we have shared over the last few weeks. We continue to be impressed by the efforts of students, staff and families in the I.S. 72 Community. Bulldog Strong! Even though we are apart, remember you are not alone. Please reach out to the Guidance Team if you need anything!

Be well,
Guidance team

SUPPORT STAFF

MARY KARASINSKI – 6TH GRADE GUIDANCE

ANDREA GULOTTA – 7TH GRADE GUIDANCE

MORGAN IBURG – 8TH GRADE GUIDANCE

TERRY BLOCKER – SOCIAL WORKER

KARINA KLEYN – SCHOOL PSYCHOLOGIST

MARINA BAKOOM-SCHOOL PSYCHOLOGIST

MARIANN ALTHOFF –SAPIS

REFERRALS

IF YOU FEEL YOU OR YOUR CHILD WOULD BENEFIT FROM MENTAL HEALTH SERVICES DURING THIS TIME, YOU CAN REACH OUT TO THE FOLLOWING AND REQUEST TELE-THERAPY SERVICES :

Child Mind Institute

www.childmind.org

Therapy Zone, LCSW Services

(718) 967-0490

www.thetherapy.zone

Blue Skies Psychological Svcs.

347-464-5550 ext. 1

<https://blueskiespsychological.com>

NYC WELL - Crisis Services

<https://nycwell.cityofnewyork.us/en/crisis-services/>

Call: 1-888-NYC-WELL (1-888-692-9355)

Text: 65173 Chat with a Counselor Now:

<https://nycwell.cityofnewyork.us/en/get-help-now/chat-with-a-counselor-now/>

DOE INFO HUB

<https://infohub.nyced.org/nyc-doe-topics/students-and-families/crisis-support>