



THE PUMA CLINICIANS

NEWSLETTER

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Mr. Thompson, School Counselor
Ms. Baker, School Social Worker

Welcome Back!

It is hard to believe that a new school year is upon us. We are looking forward to welcoming our students back and enjoying a fun and productive school year.

Back to School time!

988 Suicide & Crisis Lifeline Disaster Distress Helpline
988 or 988Lifeline.org 1-800-985-5990

Veterans Crisis Line SAMHSA's National Helpline
Dial 988 (press 1) 1-800-662-HELP (4357)

FindSupport.gov FindTreatment.gov

You're not alone. Help is Available.

#BackToSchool SAMHSA

Important Dates

- Aug 21 First Day of School
- Aug 30 National Grief Awareness Day
- Sep 2 Labor Day- No School



Community Resources

A list of community resources can be found on our website: <https://magnet.d131.org/aurora-area-resources/>.

Introductions

FRMA has a new counselor and a full time social worker this year! We look forward to getting to know you!

Mr. Thompson's Bio

I am so excited to work with all our students this year! I am new to FRMA but this will be my 8th year as a school counselor. I am originally from Florida and moved to Illinois in June 2023. Last year I worked in Chicago at a K-8 school. In my free time, I enjoy kayaking and all things Disney. My office is in the main office area behind the front desk, Room 201.

Ms. Baker's Bio

Hi all, my name is Sinclair Baker and I am the new social worker at FRMA. Last year I was a social work intern in DeKalb, working with grades 6-8. In my free time, I enjoy watching movies, doing all things creative, and spending times with friends and family. My room is 401 located on the 4th floor in the 7th grade hallway. I am so excited to be a part of the puma family!

What is a School Counselor?

School Counselors provide support for students in academic, social/emotional, and college/career domains. You can talk to the counselor about anything: any problems, feelings, events in your life, mental health issues, bullying concerns, goals, grades, and more!

What is a School Social Worker?

School Social Workers are a resource to students and their families for their social and emotional needs. School social workers can help with a wide range of needs. Some of these are mental health, individual/group counseling, behavioral support, consultation, accommodations, family resource referrals, and many more!

