

What does a school counselor DO?

I work alongside teachers and parents to help students develop socially and emotionally, and to help remove any barriers they have to learning!

I provide:

- Classroom lessons teaching social skills, how to take care of strong feelings, study skills, etc.
- Small group counseling
- Short-term individual counseling
- Consultation with parents and teachers
- Parent workshops
- Community resource referrals (including longer term therapy services)
- Schoolwide programming (Kindness Week, College Week, Career Fair, etc.)

Contact Me!

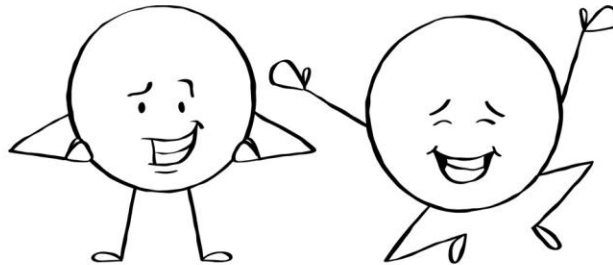


Mrs. Tillmon

Phone: 760- 416-8190

Email: ltillmon@psusd.us

I am excited and honored to serve you and your child!



****Confidentiality and your family's privacy are important to me. What you or your child discuss with a counselor is private except in cases required by law ****

Katherine Finchy Elementary

SCHOOL COUNSELING

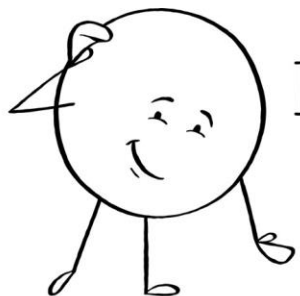
Mrs. Tillmon



**Counsel.
Educate.
Advocate.
Empower.**

How can I support parents?

- Helping to handle social or emotional concerns you have about your child
- Improving parent-child communication
- Family difficulties or concerns that affect your child at school
- Referrals for community resources
- Understanding the developmental changes of childhood
- Helping your child be on time to school every day
- Discussing concerns about your child's academic achievement



I'm here with a listening ear!

What types of things do I talk with students about in class lessons and in counseling?

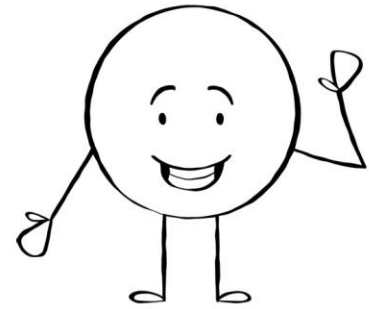
- Making good choices
- Setting goals
- Teamwork
- Feeling good about yourself
- Making good choices
- Being responsible
- Managing strong feelings
- Conflict resolution

How does a student see a school counselor?

- Self-referral
- Parent referral
- Administrative, teacher, or other staff referral



About Mrs. Tillmon



- I've been a counselor for 12 years
- I've worked for Long Beach Unified School District & LA County Office of Education
- I have experience teaching Elementary School and a BA in Liberal Studies
- I love to travel (particularly cruises)

