

## Counseling Calendar

### August

Eagle Camp  
Open House  
Get to Know Your Counselors

### September

Performance Series Testing  
Childhood Cancer Awareness  
Needs Assessments

### October

Parenting Day  
Red Ribbon Week  
The Foundry

### November

Auburn vs. Alabama Food Drive  
Counseling & Shelby Cares

### December

Goal Setting & Future Planning

### January

Course Selection Begins  
ACCESS Testing  
Prevention Month

### February

National School Counselor Week  
Career Day  
Kuder – 4 Year Planning  
Promoting Safe Relationships

### March

AAA Testing  
Blitz Week  
Spring Break

### April

Test Taking Skills  
ACAP Testing

### May

Scheduling  
Transition Time  
End of Year Celebration

## CONTACT US

For more information about  
CAMS Counseling Program  
please follow the link or scan  
below to visit our website:

<https://sites.google.com/shelbyed.org/camscounseling/>



### CAMS Counselors

**Lindsey Barnett, MEd, NCC**

*School & Clinical Mental Health  
Counseling*

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**Wendy Williford, MEd, NCC**

*School Counseling & 504 Coordinator*

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**Doug Cound III**

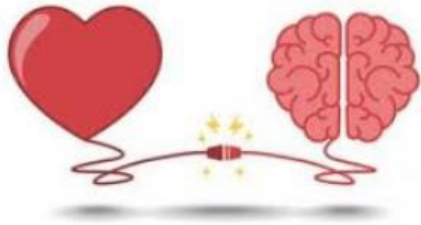
*School Counseling & 504 Coordinator*

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## School Counseling Program



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## Students, we are here to help you with...

- ✓ Making friends
- ✓ Improving your grades
- ✓ Staying on-task in class
- ✓ Learning how to make good decisions
- ✓ Understanding how to stay safe at school and home
- ✓ Peer conflict
- ✓ Planning for the future
- ✓ Dealing with peer pressure and bullying
- ✓ Developing good study skills
- ✓ Identifying coping skills
- ✓ Family relationships
- ✓ Anything else that is important to you!

## Services provided by CAMS School Counseling Program include:

- Guidance services focused on academic, career, and social emotional development through speakers, videos, and classroom lessons.
- Small group or individual support on topics like divorce, grief, emotional regulation, academic success, etc.
- Referrals to outside community resources and agencies as necessitated
- Personal safety education in accordance with Erin's Law and Jason Flatt Act
- Collaboration and consultation with parents and staff to ensure individual student success



“When educating the minds of our youth, we must not forget to educate their hearts.”

*Dalai Lama*



## Parents/Guardians can help their students succeed by...

- ✓ Encouraging learning at home and at school
- ✓ Communicating with teachers, administrators, and counselors
- ✓ Participating in school activities
- ✓ Listening to your student's concerns
- ✓ Celebrating your student's successes and recognizing that mistakes are a part of growing