

A photograph of two young women in a dynamic, expressive pose against a solid blue background. The woman on the left is wearing a black long-sleeved shirt and black pants, with her arms raised and one leg bent. The woman on the right is wearing a black long-sleeved shirt and a black skirt, with her arms raised and one leg bent. They are both looking towards the camera with slight smiles. The text "Expressive Art" is written in a large, white, serif font, and "is so good for us" is written in a smaller, white, serif font below it.

Expressive Art  
is so good for us



so what is a  
psychologist?

not just one thing!





A vibrant collage of craft supplies including beads, yarn, buttons, and fabric, with a central white banner containing text.

Craft Stores are My Jam!


It is NOT a problem!





Morning Routines  
that don't make you cry!





Creative Hobbies  
save us! here's why and how!



# Young Adult Literature I'm Kveling Over A Top 10 List!








healthy  
snacks!

just in time  
for school





end of summer  
tie dye love





a lil' about  
stress  
and how i manage it





• types of therapy •  
• that are good for our teens •



Get a Healthy Bedtime Routine  
after late summer nights!





A blurred background image of four students sitting at a long table in a library or study hall. They are all looking down at their smartphones. The student on the far left is wearing a red and white striped shirt. The student next to them is wearing a grey shirt. The student in the middle is wearing a white shirt. The student on the far right is wearing a blue t-shirt. Bookshelves filled with books are visible in the background.

let's talk study skills  
you may only think you have them!





• Child Psychologist •  
• so what exactly is a child psychologist? •





*Journal*

Journaling:  
To write or not to write?  
that is the question!





# What I have learned

from being a counselor