

Cassville R-IV School District Self-care and Wellness Resources

March/April 2020

Grades PK-12		
Strengthening Social/Emotional Health	Relief of Stress/Anxiety	Coping Strategies
<ul style="list-style-type: none"> ● Scavenger Hunt ● Getting Along with Others ● Regulate Emotions ● https://www.parenttoolkit.com/ 	<ul style="list-style-type: none"> ● Calm My Worries ● Signs you are stressed ● Self Care for Teens 	<ul style="list-style-type: none"> ● Belly Breathing (Sesame Street) ● Calm & Connection Bingo ● 100 free coping strategies

Parent/Community Outreach Resources	Counselor's Corner
<ul style="list-style-type: none"> ● Cassville Food Pantry @ Cassville Methodist Church, Monday - Thursday 9-11:15. Call Janet at 847-2328 for more information. ● Missouri Food Stamps (New Change) ● Missouri Changes to Unemployment Due to COVID-19 ● Ozark Area Community Action, Cassville: <ul style="list-style-type: none"> ○ Energy Assistance- for assistance with heating and electrical costs contact 417-864-3460 ○ Referrals: for assistance with food, clothing, or other necessities contact 417-847-2140 ● Helping Children Cope with Covid-19 ● Professional Resources ● Clark Community Mental Health Center <ul style="list-style-type: none"> ○ Crisis Services: for the residents of Dade, Barry, and Lawrence counties ○ 24-hour Crisis Hotline: 1-800-801-4405 	<ul style="list-style-type: none"> ● Kristie Preddy, Primary School Counselor, kpreddy@cassville.k12.mo.us <ul style="list-style-type: none"> ○ Primary School Counselor's Corner, Kid Edition ○ Primary School Counselor's Corner, Parent Edition ● Amy Cole, Intermediate and Middle School Counselor, acole@cassville.k12.mo.us <ul style="list-style-type: none"> ○ Intermediate and Middle School Counselor Check-in Form ○ Intermediate and Middle School Counselor Page ● Jordi Miller, High School Counselor, jmiller@cassville.k12.mo.us ● Michelle Watson, High School Counselor, mwatson@cassville.k12.mo.us <ul style="list-style-type: none"> ○ High School Counselor Check-In Form