

Resources for families from the Fabius-Pompey Counseling Department

You may email Mr. Piorkowski or Mrs. Barnum with questions or concerns you have during this time.

****Please note... We are not immediately available by email, but will be checking it frequently****

Parent Resources
<ul style="list-style-type: none">❖ Child Mind Institute- Talking to kids about COVID-19❖ Common Sense Media- Helping Your Family De-Stress (with app/website recommendations)❖ Making the Most of School Closures- Tips for Positive & Productive Home Environments<ul style="list-style-type: none">❖ CDC- Updated Information❖ Developmental Anxiety and Fear explained
Mental Health Needs: Access to Services
<ul style="list-style-type: none">❖ 211CNY- Guide to Mental Health Resources<ul style="list-style-type: none">❖ NYS Office of Mental Health❖ Suicide Prevention Center of NYS
Middle School (6-8) Resources
<ul style="list-style-type: none">❖ Resources for stress and anxiety (InsightTimer)<ul style="list-style-type: none">❖ NPR- Info for Kids about the Coronavirus<ul style="list-style-type: none">❖ Guided Meditations
High School (9-12)
<ul style="list-style-type: none">❖ Resources for stress and anxiety (InsightTimer)<ul style="list-style-type: none">❖ Signs of Stress/Coping with Stress<ul style="list-style-type: none">❖ Guided Meditations
College and Standardized Testing Info.
<ul style="list-style-type: none">❖ Important CommonApp Update<ul style="list-style-type: none">❖ SUNY information❖ **College Bound Seniors: Please Read**<ul style="list-style-type: none">❖ College Board--SAT/ACT❖ College Board--APCommon Application Update (4/14)College Admissions Updates (4/14)Virtual College Visit Options (4/14)SUNY Virtual Events (4/14)

Please check the MS/HS Counseling Department Website for more updates

[College Admissions Info for Seniors \(4/14\)](#)

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