



Whole School Programs

We offer additional programs and services including:

- Lunch Bunches which reach all or selected grades/groups (K-5th)
- PBIS program
- Quarterly School Recognition Assemblies
- Counseling Events:
 - Pinwheels for Peace (September)
 - Red Ribbon Week & Unity Day (October)
 - College Week (in late November)
 - Great Kindness Challenge & Community Service (January)
 - Career Day (March)
 - Holiday Gift Giving (November & December)

Who We Are

About Our Program

Elementary school years set the tone for developing the knowledge, attitudes and skill necessary for children to become healthy, competent and confident learners. Through a comprehensive developmental school counseling program, I help students develop knowledge and skills appropriate for their age and grade level. These skills are related to academic success, personal growth, career awareness, interpersonal relationships, and healthy choices.

Contact Information

School Counselor: Nadine Allen, M.Ed

Phone: (301) 989-6030

Email: nadine.allen@mcpsmd.org

Web:

<http://montgomeryschoolsmd.org/schools/drewes/counseling/index.aspx>



DR. CHARLES R. DREW ELEMENTARY COUNSELING

1200 Swingingdale Dr,
Silver Spring, MD 20905



**DR. CHARLES
R. DREW
ELEMENTARY
COUNSELING**



Drew Elementary Counseling Program

Students I am here to help you with:

- Setting goals
- Adjusting to a new school
- Learning how to make decisions
- Managing your feelings (stress, worry, anger, etc.)
- Feeling good about yourself
- Working well with others
- Working out friendship problems
- Dealing with peer pressure and bullying

Parents, I am available to assist and provide you with:

- Exploring ways to help your child succeed
- Understanding the developmental changes of childhood
- Improving parent-child communications
- Supplying reference materials
- Making referrals for community resources
- Providing information to help understand your child's special needs

Counseling Program Delivery:

Classroom Lessons

Monthly Classroom lessons will focus on keeping children safe, mindfulness, social and emotional learning, and conflict resolution. Our focus parallels the five-point social and emotional framework our county supports. These areas of competency are:

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making

Small Group Counseling

Groups will meet for 6-8 weeks and work with students on the following potential topics:

- Social Skills "Friends R Us"
- Anxiety "Worry Buster"
- Self Esteem "Shining Stars"
- Anger "Anger Buster"
- Grief and Loss "Good Grief"
- Study Skills "Study Buddies"

Individual Counseling

Individual short-term counseling support will be provided on an as needed basis. Individual meetings are intended to help children solve difficult problems, make good choices and do their best. Students may self-refer or be referred to me by teachers and/or parents.

*Please note school counselors do not provide "therapy" or "clinical counseling".

External resource lists are available for children experiencing grief, divorce, family separation, deployment, or mental health concerns.