

Hello Parents & Guardians!

I am the new school Guidance Counselor for SeDoMoCha Middle School. I look forward to meeting your children, your adolescents, and all of you. This feels like a very caring and compassionate community of educators and learners. I am happy to be here.

I have been a middle school counselor for 26 years and am excited to use my experience and skills to enhance student success here at SeDoMoCha. Additionally, I have a clinical therapist license and have raised three sons.

What to expect this year?

- ❖ Civil Rights teams for all the grades
- ❖ Individual check-ins and counseling
 - ❖ Group counseling
 - ❖ Crisis intervention
- ❖ Fifth and sixth grade Guidance classes once a week
 - Topics will include: team building, listening skill building, study skills, friendship, problem solving, coping skills, bullying prevention, communication, careers, decision making, puberty, and adolescent issues.
- ❖ Seventh and Eighth grade Guidance lessons within Health class
 - Topics will include: suicide prevention, healthy relationships, communication skills, adolescent issues, consequences of sexual activity, bullying prevention, and career awareness.

Please contact me with any questions, concerns, or just to introduce yourselves! I look forward to meeting the parents/guardians of these wonderful SeDoMoCha middle schoolers!

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