Hello Students & Parents,

Welcome to our second edition of our weekly flyer! We have entered a new month and we’ve all heard a time or two that with April showers, comes May flowers. Therefore, despite what is happening in our world, be sure to pause and take in those small moments of gratitude. Included are resources and activities you can do at home with your families.

Don’t forget if you would like to set up a time to check in/talk, please contact us during our office hours by sending an Email, Call or Text.

School Counselor: Ms. Brown Burrows, orelia.brownburrows@detroitk12.org
Office Hours - Mon.-Thurs. (10 a.m.—11 a.m.; 12 p.m.—1 p.m.) Phone: 734–363-8305

Special Education School Social Worker: Ms. McBride, jazmine.mcbride@detroitk12.org
Office Hours - Mon.—Thurs. (10 a.m.—11 a.m.; 12 p.m.—1 p.m.) Phone: 248-764-5893

Northeast Guidance Counselor: Ms. Colson, gcolson@nihdetroit.org
Office Hours - (9 a.m.—11 a.m.; 12 p.m.—2 p.m.) Phone: 313-648-9352

Pathways to Potential/MDHHS: Ms. Bonner, BonnerK@michigan.gov
Office Hours - Mon.—Fri. (8:30 a.m.—5:00 p.m.) Phone: 313-573-6165
COUNSELING & SOCIAL WORK DEPT.
Tips & Tricks of Surviving and Thriving During COVID-19

Tips & Tricks

♦ **Sesame Street** - Looking for some new books to read with your children? Sesame Street has made 100 of its eBooks available for free. **Website:** https://www.fatherly.com/news/sesame-street-coronavirus-ebooks-free-kindle-apple-nook/

**Meditation Video** - A great way to quiet our minds and calm our nerves is through meditation. Check out the guided mediation video below! Or by clicking the link.

https://www.youtube.com/watch?v=HK_cbpnzGqI

♦ **Virtual Travel** - Visit some our country’s national parks from the comfort of your couch. **Website:** https://www.msn.com/en-us/travel/travel-trivia/need-to-get-outside-these-5-national-parks-offer-virtual-tours-you-can-take-from-the-comfort-of-home/ar-BB11lj

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Community Resources

- **Henry Ford SandCastles** - A nonprofit organization providing grief support to children and families who lost a loved one. 
  Website: [https://aboutsandcastles.org/](https://aboutsandcastles.org/)

- **Warriors on Wheels** - If you know anyone with a disability that lives in Detroit and could use this service please contact Warriors on wheels of Metro Detroit at (313)251-5777, Monday - Friday from 11-2 p.m. or e-mail wow.infor4metrodetroit@gmail.com.
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Community Resources