

Dear families of St. Patrick Catholic Academy,

I hope this letter finds you well. As we all transition to the virtual learning world I wanted to reach out and offer some support and guidance. I know the closure of schools during the COVID 19 pandemic can cause confusion, stress, nervousness, and feelings of uncertainty. I want to assure you that it is okay to feel mixed emotions, but what you do with those feelings/emotions is what matters.

I would like to suggest that your child keep a daily journal of challenges, obstacles and worries. Your child should also write about how they were able to overcome these challenges as well. What coping skills did they use? Also, your child can write about and explore which part of their day was fun for them, new observations about family members, and if they have had contact with their friends. How have they connected with friends? By phone? Email? What have they shared? This helps children keep track of their emotional wellbeing.

If you need to talk or have any questions, please feel free to reach out to me through email. I have also provided a referral list of mental health centers that are available, now, virtually. The list contains the hotline phone number to my agency, PDHP, for families to call if they are in need of support for mild/moderate distress. *This list is available on the St Pat's website*

Please check out our PDHP(Program for the Development of Human Potential) parents facebook page. Our parent outreach coordinator has been and will continue to be posting recorded messages of workshops offered to parents and useful information for your family. (Search "PDHP Parents" on your facebook search bar)

Stay safe and be well,

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