

5/28/2019

Dear Caregiver

It's hard to believe the 2018/19 school year is coming to an end! It has been a privilege to work with your young person in the school this year addressing their mental and social health concerns. I know many of you are looking forward to taking a break this summer, spending time with friends and enjoying family traditions, I know my family and I are!

I wanted to reach out and let you know about options for continuing counseling services throughout the summer if that is something you and your young person are interested in. Of course, if you feel like continuing for the summer is not necessary, I am more than happy to keep the child's file open and check in at the start of the school year in the fall. If counseling services are needed, we can simply resume services at that time. Of course, if anything comes up over the summer please feel free to contact me and we can work to set something up and meet sooner.

For those who would like to continue services throughout the summer I will be continuing to see students at some of the school districts. This may be helpful if traveling to New Lisbon is a concern. Please see the school schedules below.

Wonewoc School District: Weekly on Thursdays starting at 9:30am

Necedah School District: Weekly on Tuesdays starting at 9:30am

New Lisbon School District: Weekly on Mondays and Wednesdays starting at 8:00am (only in June during summer school**)**

My office is in New Lisbon and I keep rather flexible hours. Please feel free to call me directly or email me to set up office hours for the summer. My last appointment time is 8:00pm on some nights as I know afterwork hours are important to offer. I also have some Saturday times available, depending on the Helmann camping schedule of course 😊.

Also, I will be running some groups in August.

Social Skills- Grades 3-5. August 6, 13, 20 & 27. 5:00pm-6:00pm

ADHD Group- Grades 9-12. August 8, 15, 22, & 29. 5:00pm-6:00pm

Girls Assertiveness, Friendship and Self-confidence- Grades 6-8. August 7, 14, 21, & 28. 5:00pm-6:00pm

Back to School Stress Management- Grades 8-12. August 5, 12, 19, & 26 5:00pm-6:00pm.

If you are interested in signing your student up or would like more information, please let me know.

Sincerely,

Holly Helmann, MA, LPC-IT

Psychotherapist

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