

August 31st, 2021

Dear Parent(s)/Guardian(s):

Welcome Mills Park Elementary families. We are your children's School Counselors – Nancy Stavrakakis and Teri Armstrong. Nancy is in her 14th year at Mills Park and works primarily with 3-5 students and Teri is beginning her 2<sup>nd</sup> year and works primarily with K-2 students.

The School Counseling program at Mills Park Elementary is based on the American School Counseling Association Model and our district standards. It includes a variety of services for ALL students and is designed to assist with interests and issues related to the stages of student growth in the areas of academic, career, personal, emotional, and social development. The following services will be offered for the 2021-22 school year:

- Classroom lessons with emphasis on social and emotional learning, academic assistance and career readiness We see every class once a month.
- Small group counseling settings with parent permission. We often meet at lunch!
- Individual short-term meetings to help students with a variety of needs.
- Referral assistance to other programs and services in the community.

If you have any questions regarding the counseling program, please contact Nancy Stavrakakis or Teri Armstrong by phone or email. You can also access parent resources [millsparkcounselors.weebly.com](http://millsparkcounselors.weebly.com). We look forward to working with you and your children this year. We are going to have a great year!

Sincerely,

Nancy Stavrakakis, MS, NBCT  
919-466-1466, ext. 20790  
[nstavrakakis@wcpss.net](mailto:nstavrakakis@wcpss.net)

Teri Armstrong, MS  
919-466-1466, ext 20793  
[tarmstrong@wcpss.net](mailto:tarmstrong@wcpss.net)

