

CIS 201: Supportive Guidance & Counseling

Breakout Session Overview

Session 1: Connecting Students with Counseling

Facilitator: Gabriela Valdez, M.A., LPC

Some students are faced with mental health challenges or crisis situations at a young age and often lack the skills and resources to process their challenges. Join us to learn about the youth mental health crisis and how CIS Site Coordinators and Licensed Mental Health Professionals provide individual and group services to improve our students' mental health and well-being.



Gabriela Valdez, M.A., LPC

Session 2: Building Capacity and Support for Adults

Facilitator: Veronica Sandoval, M.S., LPC-S

To surround students with a community of support, we must ensure the adults in their lives are equipped and supported to serve their needs. Learn how CIS provides adults (in schools and the community) with coaching, training, and self-care strategies to improve their wellness and skills.



Veronica Sandoval, MS, LPC-S