SERVICES WE OFFER



Individual Counseling:

Counselors are available to meet with students to discuss concerns with their academics, personal/social/family conflicts college and career planning

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Group Counseling:

Students may be referred for counseling groups thru self, friends, family, teacher, and/or staff. Groups are created based on needs of the students.

Some examples of Groups held include Grief/Loss, Depression/Anxiety, Self-Esteem Building, and Changing Families

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Grade Level Guidance Lessons

-How to be successful in High School
-Using AERIES, HAIKU, and
Microsoft 365
-Understanding Credits and Grades
-Time Management and Self-Care
-Graduation Requirements
-College Entrance (A-G) Subject
Requirements
-College Planning essentials including
PSAT, SAT, ACT test, Financial Aid
(FAFSA) and Scholarship Search tools
-Individual Academic Plan for
College, Military, and Career Pathways

<u>TEEN HELP</u> RESOURCE LIST

COUNSELING RESOURCES

Family Service Association (951) 686-1096

Lighthouse Counseling (951) 506-0662

Novell & Novell Counseling (951)-694-0695

Temecula Children's Mental Health Clinic (951) 600-6355

Lesbian, Gay, Bisexual & Transgender Hotline 1-888-843-4564

Boy's Town 1-800-448-3000

HELPline 24 hour Crisis/Sucide Line (951) 686-HELP

SUICIDE PREVENTION/INTERVENTION

National Suicide Prevention Lifeline 1-800-SUCICIDE

> California Youth Crisis Line 1-800-843-5200

Teen Line (6 pm-10 pm) 1-800852-8336

Children's Treatment Services (951)358-4840

> Poison Control (24 hrs) 1-800-876-4766

PHYSICAL OR SEXUAL ABUSE

Child Abuse Hotline (24 hrs) 1-800-442-4918

Domestic Violence (24 hrs) (951) 683-0829

Rape Crisis Center (24 hrs) 951-686-7273

ChildHelp USA (24 hrs) 1-800-4-A-CHILD

RUNAWAY SERVICES

Operation Safehouse (951) 351-4418 National Runaway Switch Board (24 hrs) 1-800-RUNAWAY



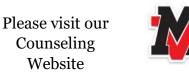
<u>MVHS</u> <u>Counseling Department</u>

Our mission is to support academic achievement, inspire personal growth, and provide a foundation for developing future educational and career goals

(951) 696 - 1408

https://www.murrieta.k12.ca.us/domain/1433





https://www.murrieta.k12.ca.us/Page/7957

Counseling Website

Counseling

- Welcome to Counseling
 - + Volunteer Organizations & Needs
- MVUSD Counseling Newsletter
- + Academic Support
- Alternate Residency or Guardianship
- + College & Career Center
- Community Service
- Counseling Event Calendar
- Counseling Office Forms
- Records & Transcripts
- School Lunch Information
- + Social Emotional Support
- Student Guardianship



School Counselors

Students can make an appointment or sign-in during their lunch time, before or after school. Counselors are available to meet with students daily to discuss their academics, personal/social concerns, and college and career planning.



Julie Thornburg jthornburg@murrieta.k12.ca.us 9th Grade (A-M) and IB Counselor

Dinora Mendoza-Montoya dmendoza-montoya@murrieta.k12.ca.us 9th Grade (N-Z) and AVID Counselor

> Nicole Castro ncastro@murrieta.k12.ca.us 10th Grade and EL Counselor

Jim Vandenburgh jhvandenburgh@murrieta.k12.ca.us 11th Grade Counselor NCAA and Lead Counselor

Rick Lockwood rlockwood@murrieta.k12.ca.us 12th Grade and SDC Counselor

Guidance Support

Kelli Gaines kgaines@murrieta.k12.ca.us To make an appointment with a Counselor, contact Mrs. Gaines at (951) 696-1408 ext. 5290



Guidance Technicians

The Guidance Techs offer assistance with enrollment, registration, transcripts, and work permit needs.

Beatriz Velasquez (A-K) bvelasquez@murrieta.k12.ca.us

Valerie Young (L-Z) vyoung@murrieta.k12.ca.us

