ARE YOU INTERESTED IN REFERRING YOUR CHILD?

CPLA's counseling services are **FREE** to all students attending one of our partner schools!

We encourage you to reach out to the school principal or your child's teacher or request a CPLA referral form from the school.

Please note that the services we provide are kept separate from your child's school records

THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES ESTIMATES THAT 75%-80% OF CHILDREN WHO NEED MENTAL HEALTH SERVICES DON'T RECEIVE IT.

DID YOU KNOW?

Students who receive social-emotional support and prevention services achieve better academically in school.

LEARN MORE

For more Information about CPLA, visit our website:
counselingpartnersofla.org

Also check out our Facebook group: Los Angeles Catholic Schools Families Support and Resources

Counseling Partners
OF LOS ANGELES

COUNSELING SERVICES FOR STUDENTS

Committed to healing hearts, nurturing hope and fostering bright futures for every student every day.

counseling_partners_of_la

WHO WE ARE

The mission of Counseling Partners of Los Angeles is to support at-risk and under-served students living in Los Angeles by providing a low-cost, school-based program that delivers essential counseling and support services students need in order to grow toward their full potential emotionally, intellectually, morally and socially.

CPLA Counselors provide one-on-one mental health counseling to support students experiencing difficulties at 50+ Los Angeles Partner Catholic Schools.

In its 13 years of service, CPLA counselors have provided over 211,000 counseling sessions to over 20,000 students!

BENEFITS OF SCHOOL-BASED COUNSELING SERVICES FOR SCHOOLS, STUDENTS AND FAMILIES

- STUDENTS AND PARENTS TRUST COUNSELORS AS PARTNERS WITHIN THE SCHOOL COMMUNITY
- COUNSELORS ARE ABLE TO WORK WITH STUDENTS AND PARENTS MORE FREQUENTLY AND EASILY
- PARENTS DON'T HAVE TO MISS WORK AND STUDENTS DON'T HAVE TO MISS SCHOOL
- LESSENS STIGMA FOR STUDENTS AND FAMILIES
- COUNSELORS ARE ACCESSIBLE TO PROVIDE IMMEDIATE CRISIS INTERVENTION AND EARLY INTERVENTION SERVICES

OUR SERVICES

COUNSELORS PROVIDE ONE-ON-ONE MENTAL HEALTH COUNSELING TO SUPPORT STUDENTS EXPERIENCING DIFFICULTIES, SOME OF WHICH MAY INCLUDE:

- Depression
- Anxiety
- Low Social Skills
- Anger Management Difficulties
- Attention Difficulties
- Difficulty Adjusting to School/Classroom
- Impulsive Behaviors
- Trauma Recovery
- Grief & Loss
- Parental Divorce
- Blended Family Issues
- Peer Relationships
- Crisis Intervention

DURING COUNSELING SESSIONS COUNSELORS UTILIZE A VARIETY OF EVIDENCE-BASED PRACTICES TO:

- Improve communication and coping skills
- Strengthen students' sense of self, self-esteem and self-efficacy
- Promote positive behavior changes
- Identify goals and effective paths to achieve them
- Help parents to support their children's needs
- Emotionally process and grieve loss and painful family changes