



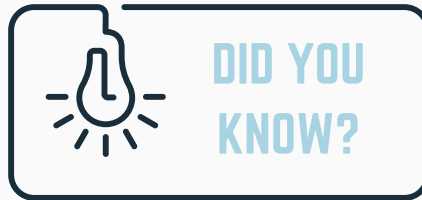
ARE YOU
INTERESTED IN
REFERRING YOUR
CHILD?

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.



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](https://www.instagram.com/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.

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

In its 11 years of service, CPLA has provided over 156,000 counseling sessions to nearly 16,000 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

WHAT OUR PARENTS HAVE TO SAY

On the best thing about counseling....

"Becoming more open-minded and seeing the improvement of my child."

"That [my child] had somebody to talk to and express herself. And comfort her."

"Seeing my child feel more confident and successful with dealing with his tough emotions. "

"My daughter's grades have improved, she has more friends, and she is very comfortable coming to me to discuss things about school and friends (even boys). "

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

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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