

Meadowcreek Elementary School

VIRTUAL SCHOOL COUNSELING INSTRUCTIONS

Counseling Staff

Counselors': Julia Muhammad &
Nichole Walker

Counselors' Email Addresses:
julia.muhammad@gcpsk12.org
nichole.walker@gcpsk12.org

Virtual Office Hours

Monday – Friday
Hours: 7:30 -3:30 pm

*Counselors will respond to
messages left after regular office
hours on the next business day.*



Purpose

- Our counseling team is committed to providing school counseling services and support during our digital learning days.
- Please contact your counselor for any of your academic and/or social emotional needs.
- Counselor contact information is provided on the left hand side of this flyer.

How to Contact Your Counselor

1. Email your counselor (Email Addresses are on the left side of the page)
2. In your email include your full name, student ID and your concern/question.
3. The counselor will respond via email or send you a link for a virtual meeting.
4. If virtual meeting is required, please click on the link in the email to join the meeting at the designated time.
5. For mental health emergencies, please call 911 or the following resources:

Suicide Prevention Lifeline: 1-800-273-TALK (8255)
Georgia Crisis and Access Line (GCAL): 1-800-715-4255

Resources For Managing Stress
<https://www.thepathway2success.com/100-coping-support/learnathome.html>

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

<https://www.youtube.com/watch?v=TSkEwdzGbCA&t=2s>
https://www.youtube.com/watch?time_continue=9&v=cDKyRpW-Yuc&feature=emb_title

Resources for Virtual Learning
<https://classroommagazines.scholastic.com/support/learnathome.html>

www.highlightskids.com
(Parents will need to assist with some activities)

Counselor Corner for MES:
<https://instruction.gwinnett.k12.ga.us/d2l/home/1767093>