

EY Counseling Corner

SEPTEMBER 2022

COMMUNITY RESOURCES



Love INC. Resource Clearinghouse
(503) 537 3999
info@loveincnewberg.org

Newberg FISH Emergency Services
(503) 538-4444
info@newbergfish.org

Dial 2-1-1 for Social Services
<https://www.211info.org>

Newberg SD Community Resource Links
[CLICK HERE](#)

CONTACT Mr. Hampton



Ron Hampton
School Counselor

Office #
503-554-4761

Email
hamptonr@newberg.k12.or.us

Are You Ready?

I have never felt completely ready for a new school year. Sometimes it's because there are so many things left undone, and sometimes it's because I'm nervous about the unknown ahead of me. Whether you (and your child) FEEL READY or not, remember this:

Ewing Young is full of people who care about you, and who are excited to make this year great.

Here are a few of the things my family has found helpful in getting ready for new things:

Prepare what you can:

- Lay out clothing the night before.
- Discuss the plan for when/ how students come home.



Take care of your body:

- Adjust bedtimes to get plenty of rest.
- Have a snack ready asap after school.

Create Space:

- Consider activities that allow for family conversation about all the new things. (Walks, games, meals together, etc.)

Remember: No one is completely ready!

About Mr. H

- Random facts:
- Loves rock climbing
 - Nervous about spiders
 - Terrible dancer
 - Dad to 3 children
 - Prefers stale licorice
 - has a pet pig
 - ran a 50K this summer
 - dislikes throwing up (see previous fact)
 - loves bacon
 - zero bad hair days

My Role

- I am here to support every student. I will be:
- teaching classroom lessons
 - facilitating small groups on specific skills
 - supporting students individually
 - connecting families with community resources
 - building positive connections

LCS Counseling

Are you curious about Counseling but don't know where to start?
We have OPEN spots available!

Lutheran Community Services (LCS) helps support the needs of our children, families, & community with mental health and family engagement.

Please contact Mr. Hampton for a mental health referral.