

# MASTER SOCIAL WORKER HOTLINE

This year has presented new challenges and our teachers, students, and parents are working so hard to find new, creative ways to work and learn!

Taking care of ourselves is equally important. If you are needing someone to help you locate resources, problem-solve with you, identify and learn about self-care strategies, or simply listen. This hotline is for you!

## FIND A 1-HOUR SESSION THAT WORKS FOR YOU

Oct. 13-15	Diane 5:30-7:30	Shelby 3:30-5:30	Teena 4:00-6:00
Oct. 20-22	Sara 3:30-5:30	Diane 3:30-5:30	Audrey 3:30-5:30
Oct. 27-29	Shelby 3:30-5:30	Sara 5:30-7:30	Sara 5:30-7:30
Nov. 3-5	Sara 3:30-5:30	Shelby 3:30-5:30	Audrey 5:30-7:30
Nov. 10-12	Audrey 5:30-7:30	Diane 3:30-5:30	Sara 5:30-7:30
Nov. 17-19	Teena 4:30-6:30	Shelby 3:30-5:30	Audrey 3:30-5:30
Nov. 24	Teena 4:30-6:30		
Dec. 1-3	Teena 3:30-5:30	Diane 3:30-5:30	Audrey 3:30-5:30
Dec. 8-10	Teena 3:30-5:30	Shelby 3:30-5:30	Diane 5:30-7:30



**BOOK YOUR ONE-ON-ONE  
APPOINTMENT TODAY!**