

Dear GSA Families,

As we continue to explore what distance learning looks like for our students, please know that the physical and emotional health of our students and families is very much a priority as well. As this public health crisis continues, the uncertainty and uncharted territory our community is experiencing undoubtedly brings about new stressors (financial, emotional and relational) for students and families alike.

I will be providing individual counseling sessions through Zoom for students and families who feel they need it during this time. These sessions will be protected and confidential as any session I would have with students. I want to continue to connect and make myself as available to students and families as I normally would, even more so right now. Please email me directly to set up a time for those services, I will be available M-F 10:00 am-2:00 pm. I will also be posting resources and information on basic needs/community referrals, Free professional counseling services, social emotional activities for students and families, etc., for extra support during this time. These can be found on the GSA website, under the 'Alternative Instruction Plan' tab > "School Counseling and Resources" so keep a lookout for those as I will be updating and adding periodically.

As always, please do not hesitate to reach out with any questions, needs, or concerns. I realize what a challenging world we are living in right now, and I am here to help and support in any way I can. Please remember to also be mindful of your own mental and emotional health right now. Take time for yourself (whenever you can), be kind to yourself, give yourselves a break and remember the incredible work you are doing every day for your children and that we are all in this together. GSA STRONG! Stay well 😊

~Best,

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