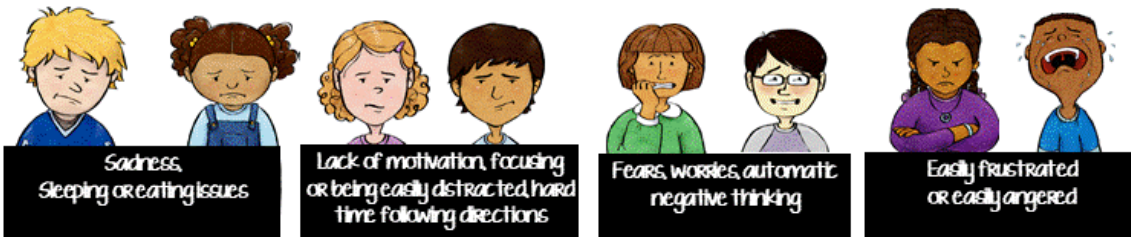


# WORRY WARRIORS & SUPER FRIENDS! SMALL GROUPS

September 2, 2021

Dear families,

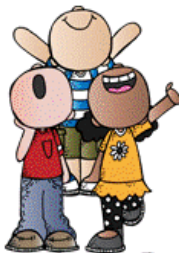
The past 19 months have been quite stressful for all of us. While we do what we can to feel better, sometimes stress and change can show up in so many ways for us and our kids:



This can be especially true for kids who have a deep sense of caring, or for kids who are curious, love to learn, or think outside the box. World issues can cause worries or difficulties at home or in school because kids care and wonder what is going to happen. In addition, all of the changes we've undergone (and just changes in general) can take up a lot emotional energy, causing us to lose focus or to be simply tired from it all.



As a parent or guardian, how you try to take care of your "soul" as a person and how you role-model coping skills is so very important. This is hard to do when your emotional gas tank is on empty (we've all been there, or maybe we're still there), but doing the best you can with role-modeling is such a great lesson for our children.



This has been an extraordinary time and I would like to provide some support to you and your family. When the pandemic started, I began doing a lot more work with students and their families about worries, anxiety and ways to manage them. At school, I did small groups for focusing skills, listening with your whole body, friendship skills and managing impulsive behaviors such as blurting out.

I use games, drawing, writing and discussion during groups. I like to have fun with our students within a structured environment so we can learn.

If you are interested in your child being part of a small group for either of these topics—worries or learning/listening skills—please let me know. If you'd like for me to see your child individually, that can be possible as well.

I am a N.C. Licensed Clinical Mental Health Counselor as well as a school counselor. I've worked with kids and families in outpatient (and in residence) settings and in the school system for 32 years. My approach is family-supportive and family-oriented as well as student-oriented. You can reach me by email at [fpesce@wcpss.net](mailto:fpesce@wcpss.net) or call Underwood at 919-856-7663. I look forward to hearing from you and have a great day!



Sincerely,  
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Worsey Warriors <https://www.teachingwithacupofcocoa.com/5thgrade/counselor-kids/category/21614/worsey-warriors-715-71>

