



Wellness support designed for real school communities

Culturally responsive, clinically informed programs that strengthen student well-being, parent engagement and staff capacity - offered virtually or in person.

CERTIFIED NYC PUBLIC SCHOOLS VENDOR

NYC MWBE-CERTIFIED

LED BY CERENE PRINCE, LCSW

01 Parent Circle of Support

SIX-SESSION PARENT SERIES

A consistent, affirming space where parents gain education, practical tools and peer support.

- Guided discussion, reflection and take-home strategies
- Topics tailored to family and school priorities
- Digital resources and participation summary
- Some parent workshops available in Spanish upon request

02 Growing Minds Series

STUDENTS, PARENTS OR FAMILIES

Connects nutrition, emotional wellness, behavior and readiness to learn through accessible, age-appropriate education.

- Food, mood, energy and concentration
- Sleep, movement and supportive daily routines
- Coping, confidence and school readiness
- Multi-session or stand-alone format; available in Spanish

03 High-Risk Student Support

TARGETED SHORT-TERM SUPPORT

A coordinated bridge for students experiencing elevated emotional, behavioral, grief-related or adjustment concerns.

- Individual supportive counseling and needs screening
- Coping or stabilization planning within scope
- Parent/caregiver consultation and school coordination
- Referral navigation, follow-up and service summary

04 Professional Development

STAFF LEARNING AND WELLNESS

Practical training helps educators respond to student needs, engage families and protect their own well-being.

- Student mental health and behavior support
- Trauma-responsive and culturally responsive practice
- Family communication and engagement
- Burnout prevention, compassion fatigue and staff wellness

Flexible ways to partner

- Stand-alone workshops
- Targeted student support
- Staff learning and wellness
- Multi-session series
- Parent engagement initiatives
- Customized school-wide plans

Choose one program or build a coordinated school wellness plan.

Delivery, schedule, group size, materials and reporting can be customized in consultation with your school.



Program details at a glance

A focused overview to help school leaders identify the right starting point.

Parent Circle: suggested pathway

- Parent wellness, stress and burnout prevention
- Understanding emotions and challenging behavior
- Parenting Black and Brown teens
- Supporting children with autism or developmental needs
- Separation, divorce, family transition, grief and loss

Growing Minds: core themes

- How nutrition and hydration affect energy and focus
- Realistic sleep, meal, movement and screen routines
- Emotional regulation, resilience and problem-solving
- Student, parent/caregiver or family audiences
- English or Spanish delivery options

High-Risk Support: coordinated scope

- Eligibility, consent and communication protocols
- Short-term student and caregiver support
- Collaboration with designated school personnel
- Resource navigation and referral coordination
- Complements - and does not replace - crisis services

Professional Development: popular topics

- Recognizing and responding to student concerns
- De-escalation and practical behavior strategies
- Trauma-responsive school practices
- Family engagement and collaborative communication
- Burnout prevention and sustainable staff wellness

What schools can expect

- Developmentally appropriate, culturally responsive content
- Virtual or in-person delivery
- Customized topics, sequencing and supporting materials
- Clear scope and implementation planning

LET'S DISCUSS YOUR SCHOOL'S NEEDS

Book a complimentary discovery call

We will discuss your goals, audience, timeline and available budget, then recommend a stand-alone service or coordinated program.

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BOOK A DISCOVERY CALL

[Click here to schedule](#)

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