



Wellness support designed for real school communities

Expert and 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

Ask about our Bilingual Programming

01 Parent Circle of Support

SIX-SESSION PARENT SERIES

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

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

02 Growing Minds Series

Available in Spanish

Bridging Nutrition, Child Development and Behavior

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

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

03 High-Risk Student Support

TARGETED SHORT-TERM SUPPORT

A coordinated bridge for students to manage elevated emotional, life skills for post graduation, lower at-risk behavior or adjustment concerns.

- o Six-week group, college-success and SEL/soft-skills
- o Supportive Counseling
- o Coping or stabilization planning within scope
- o Parent/caregiver consultation and school coordination
- o Referral navigation, follow-up and service summary

04 Professional Development

STAFF LEARNING AND WELLNESS

Emotional Intelligence/SEL training to help educators respond to student needs, engage families and manage burnout prevention.

- o Student mental health and behavior support
- o Trauma-responsive and culturally responsive practice
- o Family communication and engagement
- o 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 coaching, 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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