# Local Counseling Resources

## SUMMIT POINTE BATTLE CREEK

(269) 966-1460 140 W Michigan Ave Battle Creek, MI 49017

## BRONSON BATTLE CREEK FIELDSTONE CENTER

(269) 245-8000 165 N Washington Battle Creek, MI 49017

## FAMILY & CHILDREN SERVICES

(269) 965-3247 778 W Columbia Battle Creek, MI 49015

## BEHAVIORAL HEALTH RESOURCES

(269) 966-1460 3630 Capital Ave SW #1 Battle Creek, MI 49015

### **24 HOUR CRISIS LINE**

(800) 632-5449



## **Contact Me**

Elyse Brogdon (269) 965-9613 ebrogdon@battle-creek.k12.mi.us

## **Contact the School**

Northwestern Middle School 176 Limit Street Battle Creek, MI 49037 (269) 965-9607

# What is the role of a school counselor?

A school counselor is an advocate for all students. I work alongside teachers and administrators to support the academic, social-emotional, and college/career development of every student.

# Services provided:

- Short-term individual counseling for academic, behavioral, and socialemotional needs
- Small group counseling
- Mediation and Restorative Conferences
- Classroom lessons tailored to address school-wide needs
- Consultation with parents, teachers, and outside service providers
- Community resource referrals

# How can a student meet with the school counselor?

- Student self-referral
- Parent request
- Referred by teacher, administrator, or other staff
- · Referred by a friend

# What types of things does the school counselor work on with students?

- Setting goals
- Making healthy choices
- Managing strong feelings such as anxiety, anger, and sadness
- Making and keeping friends
- Resolving conflict
- · Dealing with grief
- Passing all classes
- Self-esteem
- Self-regulation
- ...and more!



## About Ms. Brogdon

### Hello!

My name is Elyse Brogdon and I am so happy to be your school counselor! I earned my Bachelors degree at the University of Michigan (go blue!) and my Masters degree from the University of Virginia. My favorite thing about being a middle school counselor is getting to know each and every one of my students: what they love, what challenges they have overcome, and what goodness they bring into this world.

Outside of school counseling, I am a yoga teacher, amateur baker, world traveler, and lover of all things outdoors.

I can't wait to get to know you and your family this school year!