Evolution Counseling and Consulting

EVOLUTION... A SAFE PLACE TO GROW...

STUDENT SUPPORT

SUPPORT FOR THE WHOLE STUDENT

Big feelings. Real skills. Room to grow.

Individual and group psychoeducation help students understand emotions, navigate challenges and build practical skills for everyday life.



Erica Kelley
MA, LPC, CRC, LBSW

25 years
Professional experience

15 years
School-based therapeutic services

K-8 + teens
Student experience

01

Individual psychoeducation

One-to-one, age-appropriate learning tailored to each student's learning needs.

- Understand emotions and recognize stress
- Practice coping and emotional regulation
- Build a toolkit for school and home

02

Group psychoeducation

Guided discussion and practical activities to build knowledge and skills together.

- Learn mental wellness concepts
- Practice communication and problem solving
- Explore shared topics through activities

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STUDENT LEARNING & WELL-BEING

Skills students can carry forward.

Explore six focus areas through individual and group psychoeducation. Activities below illustrate how students can practice each skill.

Emotional regulation

Recognize feelings, notice body cues and develop tools for responding to strong emotions.

Practice: Name the feeling, pause, then choose a calming strategy.

Stress & coping

Understand stress signals and explore coping strategies for school demands and everyday pressures.

Practice: Build a toolkit with breathing, movement and trusted support.

Grief & loss

Make room for different grief responses and support students through loss and meaningful life changes.

Practice: Use a memory activity or feelings check-in to open a supportive conversation.

Self-esteem & identity

Explore strengths, self-talk and a growing sense of self while building confidence to ask for help.

Practice: Identify a strength and one way to use it this week.

Peer relationships

Build communication, boundaries and conflict-resolution skills for healthier peer interactions.

Practice: Rehearse an “I feel / I need” statement in a guided role-play.

Transitions & resilience

Support adjustment to family, school and developmental changes while identifying sources of stability.

Practice: Map what is changing, what stays steady and who can help.

Explore the rotating interactive infographic

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SUPPORT FOR THE PEOPLE WHO SUPPORT STUDENTS

Stronger school communities.

Therapy for individual staff needs and practical training that supports healthy relationships and a welcoming environment for students and families.

Therapy services for staff

A supportive space for personal and professional challenges.

Work-life balance
Manage demands, set boundaries and make space for well-being.

Adjustment
Navigate changes in roles, responsibilities and life circumstances.

Grief and loss
Process loss and its impact on daily life and work.

Staff training

Interactive learning for how teams work together and engage with the school community.

Team building
Strengthen communication, collaboration, trust and constructive conflict resolution.

A positive workspace
Build respectful interactions and supportive team practices.

Students & families
Create positive connections that support belonging and engagement.

EXPERIENCE WITH PURPOSE

School-based services • Grief and life challenges • Family and community work • Collaboration with families, teachers and school teams

Build a school support plan. Start with your student and staff needs, primary concerns and preferred format. Services can be planned around your school community's goals.

Open the interactive version

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