

## **Region 10 School Counseling Department School Counselor Office Hours**

Your school counselors miss seeing you! We hope you are all well and we encourage you to reach out to us if you need us! Additionally, please check the Region 10 website in the coming days for links to mental health supports for all ages as well as student and parental supports.

Please see our schedule below for email/phone correspondence.

**\*\*Parents and Students, the welfare of everyone's mental health is a priority during this time of anxiety, stress and unexpected change. If parents or students feel the need to speak with a mental health professional because they are having thoughts of hurting themselves, please dial 211. Mobile Crisis Services will provide you with immediate access to a mental health professional. Additionally, dialing 911 in an emergency will also help you connect to the appropriate supports.**

### **Har-Bur Middle School**

**Grade 5 Mrs. Watson** will be available for office hours via email ([watsond@region10ct.org](mailto:watsond@region10ct.org)) or by phone (860-880-0482):

Monday – Thursday: 11:00am-1:00pm

Friday: 1-3pm

**Grade 6 Mrs. Ferrucci** will be available for office hours via email ([ferruccia@region10ct.org](mailto:ferruccia@region10ct.org)) or by phone (860-385-1630):

Monday-Friday: 3-5pm

**Grade 7 Mrs. Payne** will be available for office hours via email ([paynek@region10ct.org](mailto:paynek@region10ct.org)) or by phone (860-384-7450):

Monday, Tuesday, Wednesday, Friday: 10am-12pm

Thursdays: 1-3pm

**Grade 8 Ms. Hubbard** will be available for office hours via email ([hubbardl@region10ct.org](mailto:hubbardl@region10ct.org)) or by phone (860-255-8285):

Monday, Tuesday, Wednesday, Thursday 10:30-12:30pm

Friday 1-2pm

### **Lewis Mills High School**

**Mrs. Putnam** will be available for office hours via email daily([putname@region10ct.org](mailto:putname@region10ct.org)) or by Phone (860) 840-7779

Monday-Friday: 10am-12pm

**Mr. DeMarco** will be available for office hours via email daily ([demarcol@region10ct.org](mailto:demarcol@region10ct.org)) or by Phone (860) 385-1178

Monday-Friday: 10am-12:00pm

**Mrs. Silver** will be available for office hours via email daily ([silverm@region10ct.org](mailto:silverm@region10ct.org)) or by Phone (860) 325-2755

Monday-Friday 12pm-2pm

**Mr. Trahan** will be available for office hours via email daily ([trahanj@region10ct.org](mailto:trahanj@region10ct.org)) or by Phone (860) 880-1797

Monday/Wednesday/Friday: 9am-11am

Tuesday/Thursday: 8pm-10pm