

THE *Counseling* CONNECTION

St. Hilary School

Meet the Counselor Mrs. Eldred

Mrs. Eldred has a B.A. in Communication Arts from Villanova University and an M.A. in Counseling Psychology from Boston College. She is a licensed school counselor. Mrs. Eldred worked as a school counselor at a private middle and high school in Boston from 2000-2008 and at St. Hilary School from 2008-2011. She returned in 2018 and has a daughter and a son in the school.

Meet the Counselor Mrs. Parisi

Mrs. Parisi has a B.A. in Family Services from University of Northern Iowa, an M.A. in Public Administration and an M.S.W. from The Ohio State University. She is a Licensed Independent Social Worker. She has worked at St. Hilary School for 10 years. She has one daughter and five sons who are alumni of St. Hilary School.

Our primary role is to deal with school related problems although we often help students with behavior and family problems. Sometimes an issue is better addressed in a more therapeutic setting and we can help connect you to those resources. This is strongly recommended if we have seen a student three or more times for an ongoing issue.

Some common issues we help with:

Anxiety, stress, friendships, conflict resolution, managing feelings, organization, and executive functioning skills

Where to find us...

Mrs. Eldred will be in the building on Tuesdays and Thursdays.

celdred@st-hilary.org

Mrs. Parisi will be in the building on Mondays, Wednesdays and Fridays.

cparsi@st-hilary.org

THIS MONTH'S FOCUS:

Welcome Back!