

Dear Parents,

Welcome to the 2019-2020 school year! As a member of West Bergen Mental Healthcare, I am proud to join East Brook Elementary School as a school-based therapeutic counselor. Park Ridge School District has developed a district-wide goal to promote social-emotional learning for their students. As a school-based counselor, I will assist East Brook Elementary School in meeting their goal by providing therapeutic counseling to students who meet the designated criteria for services and by educating teachers, parents, and students on social- emotional learning. The development of social skills and emotional awareness/regulation skills are essential to the development of effective emotion management and healthy friendships and relationships throughout life. I am excited to embark on this journey to support and enhance the mental health of Park Ridge students!

Sincerely,  
Ashley VanGeldren, LSW  
School Based Therapist

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