

What does a school counselor DO?

I work alongside teachers and parents to help students develop socially and emotionally, and to help remove any barriers they have to learning!

I provide:

- Classroom lessons teaching social skills, how to take care of strong feelings, study skills, etc.
- Small group counseling
- Short-term individual counseling
- Consultation with parents and teachers
- Parent workshops
- Community resource referrals (including longer term therapy services)
- Schoolwide programming (Kindness Week, College Week, etc.)

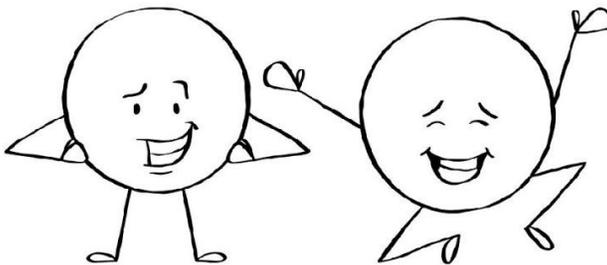
Contact Me!



Ms. Granado
Room 109

210-349-1169 Ext. 8327
anastacia.granado@hscssa.org

I am excited
and honored to
serve you and
your child!

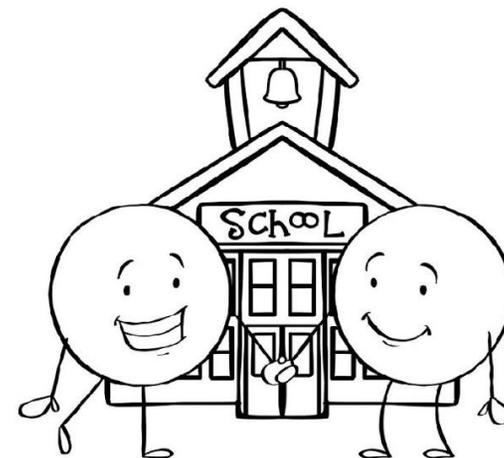


****Confidentiality and your family's privacy are important to me. What you or your child discuss with a counselor is private except in cases required by law (when abuse or neglect are suspected).****



SCHOOL COUNSELING

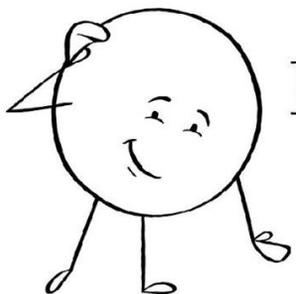
Ms. Granado



**Counsel.
Educate.
Advocate.
Empower.**

How can I support parents?

- Helping to handle social or emotional concerns you have about your child
- Improving parent-child communication
- Family difficulties or concerns that affect your child at school
- Referrals for community resources
- Understanding the developmental changes of childhood
- Helping your child to be on time to school every day
- Discussing concerns about your child's academic achievement



I'm here with a listening ear!

What types of things do I talk with students about in class lessons and in counseling?

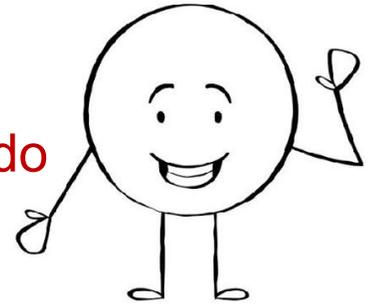
- Making and keeping friends
- Setting goals
- Teamwork
- Feeling good about yourself
- Making good choices
- Being responsible
- Managing strong feelings
- Conflict resolution

How does a student see a school counselor?



- Self-referral
- Parent referral
- Administrative, teacher, or other staff referral
- Referral by friend(s)

About Ms. Granado



Hello there! My name is Anastacia Granado, and I am thrilled to get to serve Holy Spirit as your school counselor. I'm a San Antonio native where I obtained an undergraduate degree in from the University of Incarnate Word and a master's degree from St. Mary's University in Clinical Mental Health Counseling. You can usually catch me at the dog park with my pup Charlie if I'm not spending time with friends and family. As always, I have an open door and open heart, so please feel free to stop by anytime for a chat!

