

To All 10th Grade Students and Parents: Covid and Remote Learning Stress Support

From our Pathways to Life Partners:

Pathways2Life has been partnering with Chattahoochee HS for the last few years to offer additional support to students. Students are experiencing unprecedented challenges right now. From COVID to political & racial tensions, many of them are struggling to navigate even the normal, day-to-day decisions. That's why Pathways2Life is offering individual coaching sessions to assist in responding to these unique stressors. Students will meet with a Pathways2Life Coach for 3-4 sessions to process and identify areas of struggle, identify current strengths and supports, create a plan to move forward and gain tools for resilience.

All that students need to do is take a picture of this QR code and fill out the short form so that Pathways2Life can connect with them. The Covid stress video link: <https://vimeo.com/470219207>

