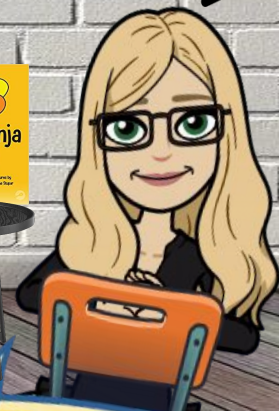
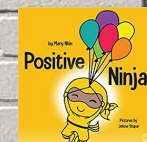
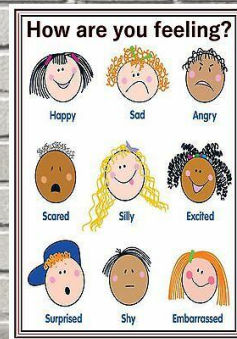


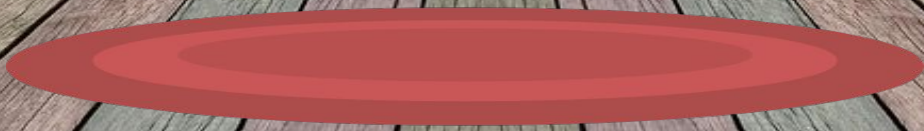
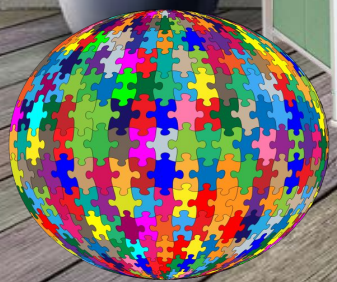
Welcome to Ms. Ohmer's Virtual Social Work Room!

[Parents, Click Here](#)

Click on the different areas of this room and start **EXPLORING!**



How ya feelin'?



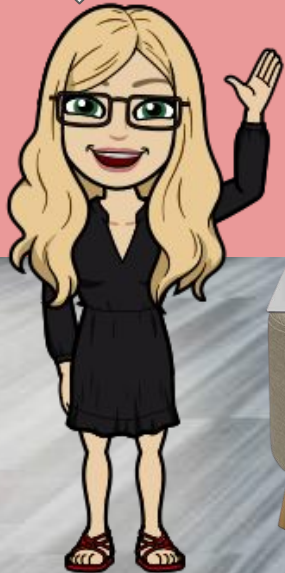
Welcome Parents! I am excited to support you and your children this school year. Click on each image for different resources within Southfield.

## Parent and Guardian Resources

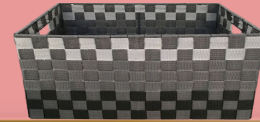


**Common Ground**  
helping people move from crisis to hope

# Southfield Youth Assistance



**Contact Information:**  
Appointments available  
M-F 8am-3pm  
[Lindsey.ohmer@southfieldk12.org](mailto:Lindsey.ohmer@southfieldk12.org)  
Phone: 517-745-0383



**Explaining Emotions**



**Parenting in a Pandemic**



**Self-Care for Parents**

# About Ms. Ohmer

*This is my 3rd year at Stevenson, and even through these uncertain times, I am here to help support you and your child's social/emotional needs. Please schedule an appointment via email or phone to discuss any concerns.*

**WE BELIEVE**  
**BLACK LIVES MATTER**  
**NO HUMAN IS ILLEGAL**  
**LOVE IS LOVE**  
Women's Rights Are Human Rights  
**SCIENCE IS REAL**  
**WATER IS LIFE**  
Injustice Anywhere Is a Threat to Justice Everywhere  
slipofthetongue.com



## Self-Care & Mental Health

**for Kids**

- Share your own feelings to **encourage** self-awareness. 
- Find social groups that help them feel like they **belong**. 
- Set aside time for **low-stress** or solo activities. 
- Practice **self-care** for yourself to set the standard. 
- Focus on articulating **feelings**. "I am angry," "I am sad." 
- Encourage **journaling** and diaries. 
- Encourage your child to focus on the **moment**. 
- Establish a **self-care** routine. 
- Recognize **toxic stress** events. 
- Cultivate interests and hobbies. 

BlessingManifesting

