

Dickenson County Public Schools

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Haydee L. Robinson, Superintendent



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Dear Parents, Guardians, and DCPS Families,

You may have noticed there is now a **ParentGuidance.org Medallion** on our DCPS district website. We are pleased to offer a new resource to support our parents' and families' mental health and wellness. ParentGuidance.org is free to all district staff, parents, and families. ParentGuidance.org is a service developed by licensed therapists that provides trusted and specialized courses, professional support, and a safe community to learn how to support our children and get answers to mental health questions.

Unfortunately, the mental health of our students is a significant issue. In addition to our school counselors, Propel Counselors, Communities in School coordinators, and Behavioral Health staff working with our students, we recognize that our parents and families may also need additional support. Our hope is that ParentGuidance.org will give concerned parents a place to go for answers to support and to help their children struggling with depression, anxiety, self-harm, bullying, grief, and family strife, to name a few, as well as provide tools to form stronger bonds between parents and their children. There are over 50 e-courses accessible to families, which are led by licensed therapists and have an ask-a-therapist section on the website.

We invite you to visit the Dickenson County Public Schools website at <https://www.dcps.k12.va.us/>. The medallion is located on the upper left of the website under the welcome message. Click on the medallion and scan the site, view the help courses available to parents, and visit often. Again, ParentGuidance.org is free to our families, parents, and guardians.

Please visit ParentGuidance.org and let us know your thoughts on this resource for you and your children.

Kind regards,

Haydee L. Robinson,

Division Superintendent