

Dear Parent/Guardian,

My name is Brittany Altendorf, I am a Licensed Marriage and Family Therapist with Being *while* Becoming; a group private practice located here in Waconia. We have partnered with St. Joe's School to provide mental health services to students and staff.

A variety of services will be offered to your child at St. Joe's. One of the services provided is a Social Emotional skills group. I will be working with your child's class one time per month for about 45 minutes. We will be using Merrell's *Strong Kids* workbook which is a curriculum based at your child's grade level. Some topics that will be introduced include: understanding emotions, empathy, problem solving, and letting go of stress. It is possible that mental health disorders such as anxiety and ADHD will come up as well.

In addition, I provide one-on-one sessions to any St. Joe's student in need. This might include a brief problem-solving session or it might be on-going therapy. If on-going therapy is needed I will contact you for permission and to discuss details about this service.

If you do not want your child to participate in the social emotional learning curriculum, please let me know and I will make arrangements. You may call or email me with any questions, or if you would like to refer your child for services. On behalf of myself and the staff at Being *while* Becoming, we are looking forward to our time here with St. Joe's Catholic Community!

Sincerely,

Brittany Altendorf, MA LMFT

Ph: (952) 649-1202

Email: [brittany@beingwhilebecoming.org](mailto:brittany@beingwhilebecoming.org)

[www.beingwhilebecoming.org](http://www.beingwhilebecoming.org)

Services provided at St. Joe's on Wednesdays from 7:30-3:00.

Social Emotional Curriculum: [www.strongkidsresources.com](http://www.strongkidsresources.com)