

## What to Expect On Your First Visit

All the counseling centers are free walk-in centers. This means any family with a student in Prince George's County Public Schools is eligible to come to the center without an appointment for the first visit. All services are free.

It is important to **sign in with the receptionist when you arrive and let her know that you are new.** Everyone will have an **Intake Interview** with a staff member and have time to look over the materials in the **Parent Resource Center**. If you are unable to have a counseling session on your first visit to the center, the receptionist will schedule an appointment time for you for the following week. You should sign in and provide all the requested information **each time you attend the Center.** **Be sure to include the names of ALL children attending with you, even if they are not seeing a counselor.**

### What Happens Next?

The receptionist will give you a **Student Information Form** to complete. While at the Center, please take some time to look at the materials available in the **Parent Resource Area**. **Feel free to take home any pamphlets that you find helpful.** If you need information on a topic, be sure to ask the Parent Facilitator for assistance.

**The Parent Resource Area** also has a **Student Activities Area** where your children may quietly wait for you while you talk with the staff. In the **Student Activities Area** there are reading materials, art supplies, puzzles and games that the students may play with while they are waiting to be seen. Please explain to your children that **they must remain in the Student Activities Area while you are with a staff member.** Any child who is unable to do so will need to remain with his/her parent. Please be sure to have your children take care of any lavatory needs before leaving them in the **Student Activities Area, as we are unable to supervise young children outside of the Student Activities Area.**

Prior to beginning counseling, you will have a brief **Intake Interview**. At that time, you will be asked a few basic questions about the concerns that brought you to the **Center**, and what you hope to accomplish in counseling. Following your **Intake Interview**, an appointment will be made for your first counseling session. The counselor sets this time aside especially for you and your child. Please be on time for your appointment. **The counselor cannot hold your appointment for more than 10 minutes. If you must cancel an appointment, please call the main Center number at 301-749-4567. Your counselor will be in contact with you prior to the next week to reschedule your appointment if you wish. Please do not call the school. They will not be able to assist you.**

If you have additional questions, please feel free to ask any of our staff for help. We welcome you to the **Walk-In Student Counseling and Family Support Centers**. We hope to make a difference for you and your children.

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Prince George's County  
Public Schools

Division of Student Services  
Student Affairs/Safe and Drug-Free Schools

**Walk-In Student Counseling and Family Support Centers**

**FREE Counseling Services For Families And Students**

Free Workshops for Parents \*\*

Handling Stress  
Effective Discipline  
Anger Management  
Alternatives to Television  
Parent/School Communication  
Strategies for Helping Your ADD/ADHD Child  
Preventing Use of Tobacco, Alcohol, & Other Drugs

**\*\* Workshop calendar available at each center**

Free Individual Counseling for Students \*

Anger Management  
Decision-Making Skills  
Improving Self Esteem  
Getting Along With Others  
Motivation and Goal Setting  
Improving School Attendance  
Preventing Use of Tobacco, Alcohol and Other Drugs

**\*Counseling process 6-8 sessions**

Day	Location	Hours
Tuesday	Northwestern High School 7000 Adelphi Road, Hyattsville, MD 20782	5:15 p.m. – 8:00 p.m.
Wednesday	Largo High School 505 Largo Road, Largo, MD 20772	5:15 p.m. – 8:00 p.m.
Thursday	Dwight D. Eisenhower Middle School 13725 Briarwood Drive, Laurel, MD 20708	5:15 p.m. – 8:00 p.m.
Saturday	Central High School 200 Cabin Branch Road, Capitol Heights, MD 20743	9:15 a.m. – 12:00 noon
Saturday	Crossland High School 6901 Temple Hills Road, Temple Hills, MD 20748	9:15 a.m. – 12:00 noon

Each Center will be open from fall 2007 through May 2008 on the designated day for that Center. If schools are closed due to inclement weather, holidays, emergencies etc., the Centers will be closed.

For further information contact the Coordinator, at 301-749-4567. Please do not call the school location