

Dear Parents and Guardians,

Hello and welcome to a new school year! Our Counseling team would like to take this opportunity to introduce ourselves and the services we will provide your students.

We are excited to announce that we will have two School Counselors this school year. Jasmin Garnica, our 7th grade Counselor, is a NMCHS graduate and was one of the High School Coordinators last year. Cindy Rusler, our 8th grade Counselor, is starting her 29th year at NMCMS. Our role is to help both students and parents/guardians navigate the wild and wonderful world of early adolescence and middle school. We are here to provide support in academic, career, social, and emotional development. Our services include one-on-one counseling, small group counseling, social emotional learning activities and parent education and support.

We are also very fortunate to have a Licensed Therapist, Jessica Jones-Wood who is available to provide mental health therapy services to offer support to students with symptoms connected to anxiety, depression, grief and loss, and trauma and struggles within their peer and/or family dynamics and academic performance. Our Therapist is also available to provide support to parents and caregivers regarding their child's areas of concern. If you would like to start the process of seeking out therapy services for your child please contact the School Counselors.

We look forward to working with you and your families. If you have any questions in regards to our Counseling program please contact us. For 7th graders please contact Jasmin Garnica at 831-633-3391 ext. 3105 or jasmin_garnica@nmcusd.org. For 8th graders please contact Cindy Rusler at 831-633-3391 ext. 3104 or crusler@nmcusd.org.

Sincerely,

Jasmin Garnica
7th grade Counselor

Cindy Rusler
8th grade Counselor

Jessica Jones-Wood
Mental Health Therapist