

## Common Reasons to Contact The School Counselor

### If your child is experiencing:

- Grief
- Worry or anxiety
- Sadness or depression
- Low self-esteem
- Difficulty regulating emotions
- Conflicts with friends or peers
- Behavioral concerns
- Difficulty being successful at school
- Academic concerns
- Test anxiety
- Difficulty being assertive and asking for help
- Familial change

Please contact me even if your concern is not on this list!

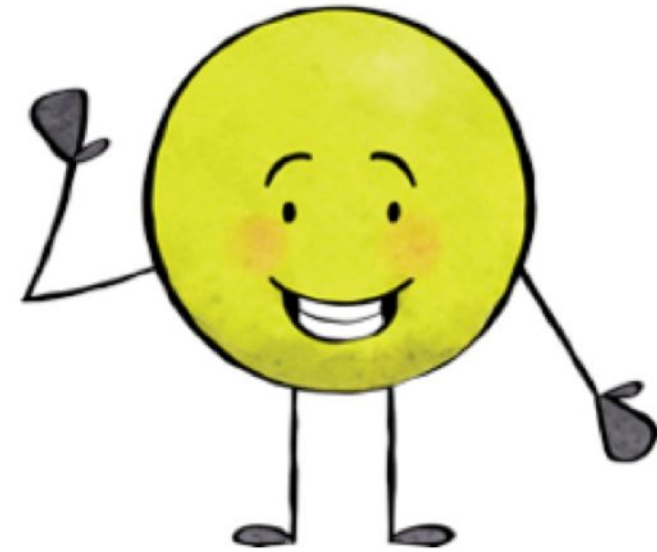
## Meet The School Counselor



Mrs. Erin Farrell

I graduated from the University of Montana with my BA in Elementary Ed. After teaching for 11 years, I pursued my goal of going back to school for school counseling. I currently am finishing my Master's Degree from Montana State University-Billings. In my free time, I enjoy spending time with my family: three daughters (2, 5 and 9), my husband and our pup, Finn. We enjoy spending time in the mountains, fishing, rafting and enjoying our beautiful state. I look forward to working with the amazing students, staff and parents of Amsterdam School!

# School Counseling Program



Amsterdam School

### Contact Information:

Email: [efarrell@amsterdamschool.org](mailto:efarrell@amsterdamschool.org)

Phone Number: (406) 282-7216 x21