

2025-2026 Counseling Year at a Glance

Holy Family School Counseling Scope

The Holy Family Catholic School Counseling Program fosters the social, emotional, behavioral, intellectual, and spiritual development of students, supporting their successful integration into the school community. Rooted in a Catholic theological and anthropological framework, the program also assists staff and administration in cultivating social-emotional skills that promote personal growth, professional development, and classroom effectiveness.

To guide its efforts, the counseling program incorporates the Cardinal Virtues alongside related Social-Emotional Learning (SEL) domains to structure quarterly themes. Each quarter, the school counselor provides grade-specific classroom SEL lessons, hosts a parent workshop, facilitates small group sessions, and offers individualized support. When additional care is needed, the counselor can assist families by connecting them to further resources and services.

Cardinal Virtues: *Justice, Prudence, Temperance, Fortitude*

SEL Domains: *Self-Awareness, Responsible Decision Making, Relational Skills, Self-Management*

Quarter 1: Prudence (Self-Awareness & Responsible Decision-Making)

Elementary Topic: Social Skills & Kindness

Middle School Topic: Friendship & Boundaries

Parent Workshop Topic: Mental Health & Catholic Anthropology (9/25, 8:15am - 9:15am)

Quarter 2: Justice (Relational Skills & Social Awareness)

Elementary Topic: Emotion

Middle School Topic: Self-Esteem

Small Group Session 1: 6 Weekly Groups

Parent Workshop Topic: Building Flourishing Parent-Child Relationships (11/13, 8:15am - 9:15am)

Quarter 3: Temperance (Self-Management)

Elementary Topic: Self-Regulation

Middle School Topic: Empathy & Respect

Small Group Session 2: 6 Weekly Groups

Parent Workshop Topic: Social Media & Technology (2/26, 8:15am - 9:15am)

Quarter 4: Fortitude (Self-Management & Responsible Decision-Making)

Elementary Topic: Anxiety & Stress

Middle School Topic: Anxiety & Stress

Small Group Session 3: 6 Weekly Groups

Parent Workshop Topic: Basic Coping Skills from a Catholic Perspective (4/23, 8:15am - 9:15am)