

## **COUNSELLING SERVICES FOR STUDENTS & PARENTS**

17th April 2020

"I am not what has happened to me. I am what I choose to become."

## Carl Jung

Dear Parents,

The present time of Global crisis has no anecdotal or experiential knowledge that can help us go through the days of lockdown. We traverse through the different shades of emotions ranging from extreme helplessness, anxiety and fear to hope, optimism and compassion. Understanding that such unchartered terrains bring along new emotions and reactions, we at BBPS Rohini, bring to you the facility to avail counseling support from our school counselor.

Our school Counselor, Ms. Niharika Sharma will be available on her mobile No. 8800987701 from Monday, 20<sup>th</sup> April, 2020 onwards for chat, voice or video call. The timings will be from 10.00 am to 2.00 pm on all week days. Prompt response is assured and utmost privacy will be maintained. The Counselor will deal with concerns on first come first serve basis.

Hope this endeavour of ours help you and our children to overcome the emotional turmoil experienced during challenging days.

GEETA GANGWANI Principal