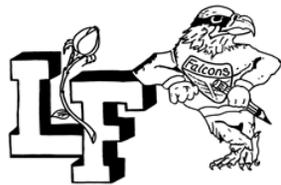


## Confidentiality

Everything students discuss with their counselor is confidential. Their counselor will not disclose the students' discussion with anyone without their permission with one important exception: the counselor is required to report any abuse or the possibility of students hurting themselves or others.

## Emergency or Crisis

Student, if you are having an emergency or crisis, please see your counselor immediately. If your counselor is not available, please speak with your teacher and the school administrator immediately for assistance.



### Remember:

Every staff at Las Flores cares about you. We are here to help you.



*Las Flores High School*

5900 Bamford Drive  
Sacramento, CA 95823

(916) 422-5604 Office  
(916) 428-8307 Fax

School website:  
<http://lasflores.egusd.net>

*Las Flores  
High School*

**Counseling  
Resources  
&  
Services**



**Counselor: Pa-Lack Lee**

*Helping all students connect to  
school, positively and safely*

**The Las Flores School Counselor is committed to ensuring that all students feel safe.**

**What can students talk to their counselor about?**

- Concerns about school such as grades, credits, student conflicts, organization, time management, college/career preparation, and academic planning.
- Concerns relating to home such as relationship conflicts and day to day stress.
- Personal problems such as peer pressure, substance abuse, and negative self-thoughts.
- Positive news—share about the things that are going well in life, personal successes and achievements, and things that make them happy.

**College and Career Center**

**Located in the Library**

Career Technician: Carrie Farwell

Thursdays

8:00-11:30 and 12:30-4:00

**The CCC can help you with:**

- Employment Opportunities
- Work Experience Opportunities
- Community/Volunteer Opportunities
- Scholarship Resources/Application
- College Grants and Financial Aid/FAFSA Application
- Resume Writing
- Interview Tips
- Senior Project
- College Resources & Application
- College Planning
- Career Inventory
- Career Planning
- Career Portfolio

**Community Resources/Agencies**

The counselor can assist students needing help connecting to community resources and agencies.

Referrals can be made for the following community services:

- Medical, dental, and vision
- Insurance needs
- Tobacco and other drug Issues
- Clothing and food closet
- Individual counseling and family therapy
- Support services for pregnant teens/parenting classes

