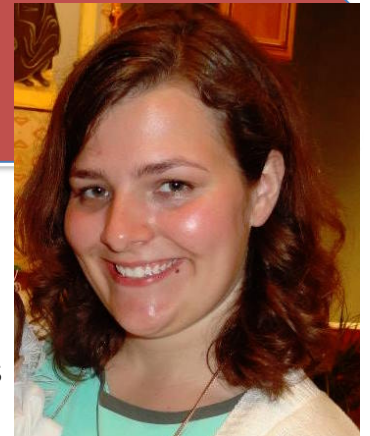


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Meet Miss Erika Freiling, PLPC



Saint Louis Counseling will be offering counseling for students at Sacred Heart in Valley Park for the 2019-2020 school year. I am excited to continue supporting the staff and students at Sacred Heart! I attended Saint Louis University for my Bachelor's degree and Webster University where I earned a Master's degree in Mental Health Counseling. I am a Provisionally Licensed Professional Counselor, under the supervision of Lauri Cross-Fink (Saint Louis Counseling).

Saint Louis Counseling offers school based counseling to a variety of public and private schools, and operates based on the philosophy that the school, family, and community are partners in educating our children, strengthening families, and building stronger communities. The services that I provide to students at Sacred Heart include individual counseling, groups around specific areas of concern (such as social skills or grief), and class presentations. Below are a few common questions that parents and guardians have about counseling:

Q: What will counseling be like for my child?

A: Each child is different, so each counseling session will be tailored to your child's needs. I use research based interventions to work with children, such as art and play techniques, cognitive-behavioral therapy, and mindfulness techniques. I incorporate games, art, and movement into sessions to keep children engaged. Your child will be able to give me feedback at the end of each session so that I can make sure that their needs are addressed and that they are engaged in the counseling process.

Q: How much does it cost?

A: It's free of charge thanks to the funding through the St. Louis County Children's Service Grant

Q: What days will counseling through Saint Louis Counseling be available at Sacred Heart?

A: I will be at Sacred Heart on Fridays.

If you are interested in services for your child, please contact me or the school office and we can provide you with the appropriate paperwork. If you have any questions, feel free to call me at 314-544-3800x1361 or email me at efreiling@ccstl.org.

- Erika Freiling, PLPC