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## Meet Mrs. Maureen Luetkemeyer



**Saint Louis Counseling will once again be offering counseling for students at St. Gerard Majella Catholic School for the 2022-2023 school year. I am excited to return to St. Gerard for my 16th year and join with the teachers and staff in supporting the students.**

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 SGM include individual counseling as well as class presentations on a variety of topics, including teaching the Second Step program. The topics of the presentations depend on the needs of the class. Below are a few common questions that parents and guardians have about counseling:

### **Q: What will counseling be like for my child?**

A: Every 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 therapy techniques, cognitive behavioral therapy (CBT), and mindfulness. I incorporate games, art, video programs 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 their needs are addressed and that they are engaged in the session.

### **Q: How much does it cost?**

A: It's free! The St. Louis County Children's Service Fund and the school pay for all counseling services.

### **Q: How do I sign my child up for counseling?**

A: If you are interested in services for your child, please talk to your child's teacher or the main office and they can give you the necessary forms to fill out. You can also contact me at [mluetkemeyer@sgmschool.org](mailto:mluetkemeyer@sgmschool.org) and I can email you the forms. Once completed, return them to the school and I will speak with your son/daughters teacher to discuss the best time for your child to meet with me. Depending on the need, we will meet once a week, once every other week, or once a month.

I am at St. Gerard three days a week this year - Tuesdays, Thursdays, AND Fridays. If you have any questions, feel free to call me at the school's main number, **(314)822-8844**, and ask for Mrs. Luetkemeyer or you can email me anytime.