9/14/2020

Dear Parents and Guardians,

Hi Everyone. Many of you already know me, since I have been the school nurse at Sage Elementary for 14 years. But for those of you who don't know me, my name is Arlene Heitt. Our counselor, Mrs. Goulding and I work closely together. We will sure miss seeing your students in person for now. Even though your students cannot be here right now, we want you to know that we are still here to help you! There are many resources in the community we want to share with you:

Communities in Schools: 775-738-7283

Their mission is to "Surround students with a community of support, empowering them to stay in school and achieve in life"

They offer the following programs:

> weekend food bags, school supplies, clothing and hygiene supplies

Family Resource Center: 775-753-7352

Their mission statement is: "Enhance the quality of life for Northeastern Nevada residents through education, programs and community connections"

They offer the following programs:

> family advocacy, parenting education, teen health education, referral and information, grandparent respite, and WIC services

Pace Coalition: 775-777-3451

PACE Coalition offers an extensive resource of free information targeting alcohol, tobacco, and drug abuse, as well as general information about physical and emotional well-being and guides to making healthy choices.

Crisis Support Services of Nevada: 1-800-273-08255 or

text CARE to 839863

Their mission statement is: "To provide 24/7, free, confidential and caring support to people in crisis"

We recognize that families are under so much stress right now. If you are feeling overwhelmed and don't know where to turn, Crisis Support Services of Nevada can help.

We are happy to provide a list of mental health and related counseling services in the area if needed.

Please feel free to contact either of us by phone or email:

775-738-4711

Mrs. Heitt: aheitt@ecsdnv.net

Mrs. Goulding: sgoulding@ecdnv.net