

Greetings, Parents and Families:

As your school psychologist, it is a pleasure to serve you and our Mustangs for SY 2020 – 2021! As we continue to forge ahead during the COVID-19 pandemic, along with the pursuit of racial equity and social justice, it is vital to maintain our mental health wellness. Throughout the school year, mental health support services and resources will be provided for our students and families, as well as teachers and staff.

Remember, we are all in this together! When in need of consultation, virtual sessions for your children, personalized mental health resources, etc., please do not hesitate to contact me via e-mail at persephone.brown@k12.dc.gov. Below, are 6 helpful links from the Center on the Developing Child at Harvard University. As part of your support system, I look forward to working with you for the sake of our marvelous Mustangs! Take care, stay safe and healthy!



<https://developingchild.harvard.edu/guide/a-guide-to-covid-19-and-early-childhood-development/>

<https://www.youtube.com/watch?v=sutfPqtQFEc>

<https://www.youtube.com/watch?v=L41k2p-YRCs>

<https://www.youtube.com/watch?v=1r8hj72bfGo>

<https://www.youtube.com/watch?v=xSf7pRpOgu8>

<https://www.youtube.com/watch?v=cqO7YoMscU>

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