

meet the school counselor

Atlas Elementary School

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a little about me

2020 starts my 7th year as the school counselor at Atlas Elementary! I have enjoyed getting to know students and watching them grow over the years into amazing young people! I am a North Idaho native and love being outdoors, running, paddle boarding, and exploring mountain lakes and other beautiful things with my family.



my role

As your student's school counselor, I will advocate and work with you and your child's teacher to support your student's best interests, mental health, and social-emotional development. I wear a variety of hats in my role and believe being present and accessible to all students is crucial to my job. Your students will see me in their classrooms to deliver social-emotional curriculum, including management of emotions, positive relationship building, as well as safety and bullying-prevention. This year we are implementing the Sources of Strength program that is an exciting curriculum focusing on overall well-being for all. In addition, I am available to support students individually or in groups.

I am grateful for this amazing school community and love working here at Atlas! I believe that normalizing mental health as part of our overall health is crucial to teaching our children how to be reflective and seek help when they need it.