



September
2025

Together We Grow

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Connection Point

You probably have lots of questions about how your child's new school year is going, but "How was school?" often leads to a one-word answer. Try asking something more specific like, "What felt easy today?" "What's something you learned?" or "Who did you sit with at lunch?" If they're not ready to talk right away, give it time and try again later - maybe while they're having a snack or getting ready for bed - when they may be more open to sharing.

@The Responsive Counselor

Guiding Words

For Caregivers: I can stay curious about my child's day and make space for connection, one question at a time.

For Students: I can share my thoughts and stories with people who care.

@The Responsive Counselor

This Month at KES

This month Sources of Strength lessons are beginning here at KES. This month's lessons focus on introducing the 8 sources of strength: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health.



LET'S CONNECT!

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