Hello Members of the Delaware School Counselor Association,

We made it to November! I know that the constant evolution of our school schedules, hybrid plans, remote plans, and more are on our minds constantly. All of this constant change has shifted how we work and how we perform our jobs as school counselors both virtually and in our buildings. We want to remind you to incorporate the ever important **self-care** into your busy schedule. Coming soon, we will have more self-care resources available on our [DSCA Website](http://www.mydsca.org/).

DSCA strives to continuously provide much needed resources to you as members. One resource that may be helpful is our [COVID-19 Resource Page](http://www.mydsca.org/resource-library.html) located on our DSCA Website. This page includes a variety of resources including: *Mental Health Hotlines, COVID-19, Mental Health Counseling Services, Fitness & Mindfulness, Nutrition, Professional Development, Educational Resources, and Technology Resources*.

DSCA’s Board of Directors and Committee Chairs want to thank all the members who participated in our first successful gathering at the Virtual DSCA Central Perk on October 21st, 2020. This new venture has given our members an opportunity to connect and receive support outside of professional development conferences we host each year. We are looking forward to possibly expanding opportunities like this to collaborate as we continue to navigate through these uncharted waters.

An important component of our profession is collaboration. If you have any resources you would like to share with our association, or if you have suggestions for topics that we could focus on at a future DSCA Central Perk event, please feel free to email us. Our emails are listed below.

Delaware school counselors are agents of change and masters of our craft, and it is important now more than ever to support each other. Please remember that the Board of Directors and Committee Chairs of the Delaware School Counselor Association are here to help and support you in any way we can. We are not just school counselors, we are family.

Take care and be well,

Frank Shockley & Krissy Hall

President Vice President

[frank.shockley@mydsca.org](mailto:frank.shockley@mydsca.org) [krissy.hall@mydsca.org](mailto:krissy.hall@mydsca.org)