

**Q: What will counseling be like for my child?**

A: Every child is different, so each counseling session will be tailored to your child’s needs. I use research-based interventions to work with children, such as art and play therapy techniques, cognitive behavioral therapy (CBT), and mindfulness. I incorporate games, art, and movement into sessions to keep children engaged. Your child will be able to give me feedback at the end of each session so that I can make sure their needs are addressed and that they are engaged in the session.

**Q: Does my family have to be Catholic or Christian to receive services?**

A: Nope! Any child is eligible for services, regardless of religion. Catholic Family Services is driven in its mission to provide counseling to children of all backgrounds. All counseling is research and evidence-based practice.

**Q: How much does it cost?**

A: It’s free! The St. Louis County Children’s Service Fund and the Jefferson County Memorial Fund pay for all counseling services.

I will be at St. Paul School on Wednesdays and Fridays, and my office is room 112 (right by the cafeteria). If you are interested in services for your child, please talk to your child’s teacher or the main office and they can give you the necessary forms to fill out. You can also contact me through Fast Direct and I could email you the forms. If you have any questions, feel free to call me at the school’s main number, ***(636) 343-4333***, and ask for Mrs. Luetkemeyer.

- Mary Ann Commes, MSW, LCSW

Meet Mrs. Maureen Luetkemeyer

**Catholic Family Services will be offering**

**counseling for students at St. Paul Catholic**

**School for the 2017-2018 school year. I am**

**excited to join with the staff in supporting the**

**students at St. Paul for my 1st year here!**

Catholic Family Services offers school based counseling to a variety of public and private schools, and operates based on the philosophy that the school, family, and community are partners in educating our children, strengthening families, and building stronger communities. The services that I provide to students at St. Paul include individual counseling, groups around specific areas of concern (such as social skills or grief), and class presentations. Below are a few common questions that parents and guardians have about counseling:

**www.cfsstl.org**

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