**Get to Know your Counselor/Social Worker:**

**Name:** Kandace Kyere (Students call me Mrs. K).

**Hometown:** Ann Arbor/ Ypsilanti, Michigan

**College(s) Attended:** Michigan State University (Undergraduate); The University of Pittsburgh (Graduate School)

**Role at PCRHS:** School Social Worker

**I Support Students & Families at PCRHS by:** Providing a safe and uplifting space for students to talk about the stressors they currently face in their life. I help students work through feelings of anxiety (worry), depression (sadness), anger, frustration, grief, hopelessness, and many others. We problem solve, focus on their strengths, and explore healthy ways to cope with what they are experiencing. I also make referrals to our school based mental health partners (Hope Haven), and I connect students and families with our school pantry and/or other community resources. **Essentially, I work alongside students and parents to find ways to decrease the social, emotional, and situational barriers that may be impacting their ability to thrive at school or attend school each day**. Parents are welcome to reach out to me if they are concerned with their child’s social or emotional wellbeing and/or need assistance with finding community resources. I look forward to connecting with you!

**Fun Facts About Me:** I have participated in service trips to Jamaica, Guatemala, Costa Rica, Puerto Rico, and Haiti. I enjoy taking West African Dance classes, reading, drinking tea, and spending time with friends/family.

**Favorite Quote:** "When a person meets someone who changes their perspective, their life is changed"- George & Sharon Jones (Pittsburgh, PA)

**How to Contact Me/ Schedule an Appointment:**

* **Email:** kkyere@pcrhs.org
* **Office:** 317-860-1000 ext 127
* **Work Cell:** 317-734-8098 (call/text)
* **During COVID-19,** students can schedule a check in with me here: <https://calendly.com/mskyere/check-in>
* **During normal school operations**, students can request a check in with me or another counselor here: [www.tinyurl.com/pcrhscounseling](http://www.tinyurl.com/pcrhscounseling)