



MCHS Peer Counseling

Who we are...

MCHS Peer Counselors are a **diverse** group of **compassionate listeners** who are **inclusive, approachable ambassadors** for *The Sundevil Way*.

We commit to values of **empathy, kindness** and **respect** for all.

We commit to a **high standard of ethics** and a **rigorous course of training** in: communication skills, healthy relationships, active listening, conflict resolution, recognizing bias and stress management.

What we do...

- Volunteer for School and Community Events
- New Student Orientation and Mentoring
- Academic Tutoring – Family Learning Center at Los Pen ES
- Classroom Outreach – Stress Management
- Classroom Outreach – Mental Health Awareness
- *Mix it up at Lunch*
- *Great Kindness Challenge*
- One-on-One Peer Listening for students in need of support.
- Partner with other campus organizations for special projects (Link Crew, GSA, No Place for Hate, Friendship Club)

Our Mission...

To help all Sundevil students, families and staff know:

#YouMatter

Follow us on Instagram @mchspeercounseling or visit us in Room D18



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