

Region 10 School Counseling Department  
School Counselor Office Hours

Your school counselors miss seeing you! We hope you are all well and want you to reach out to us if you need us! We will be sending out a Microsoft form and really appreciate your feedback.  
Please see our schedule below for email correspondence.

Parents and Students: in the event of any emergency, call 911. Dialing 211 for Mobile Crisis Services will provide you with immediate access to a trained mental health professional to help you if you are experiencing thoughts of hurting yourself.

Har-Bur Middle School

**Grade 5 Mrs. Watson** will be available for office hours via email ([watsond@region10ct.org](mailto:watsond@region10ct.org)):

March 23-26 11:00am-1:00pm

March 27 1-3pm

March 30-31: 11am-1pm

**Grade 6 Mrs. Ferrucci** will be available for office hours via email ([ferruccia@region10ct.org](mailto:ferruccia@region10ct.org)):

March 23-31: 3-5pm

**Grade 7 Mrs. Payne** will be available for office hours via email ([paynek@region10ct.org](mailto:paynek@region10ct.org)):

March 23-26: 1-3pm

March 27: 10-12pm

March 30-31: 1-3pm

**Grade 8 Ms. Hubbard** will be available for office hours via email ([hubbardl@region10ct.org](mailto:hubbardl@region10ct.org)):

March 23-26: 10:30-12:30pm

March 27: 10am-12pm

March 30-31: 10:30-12:30pm

Lewis Mills High School: Students, if you have a question that you would prefer answered over the phone, please email your phone number to your school counselor or Mrs. Putnam and you will receive a call back during their office hours.

**Mrs. Putnam** will be available for office hours via email daily ([putname@region10ct.org](mailto:putname@region10ct.org))

March 23-March 27: 10am-12pm

March 30-31: 10am-12pm

**Mr. DeMarco** will be available for office hours via email daily ([demarcol@region10ct.org](mailto:demarcol@region10ct.org))

March 23-March 27: 10am-12:00pm

March 30-31: 10am-12:00pm

**Mrs. Silver** will be available for office hours via email daily ([silverm@region10ct.org](mailto:silverm@region10ct.org))

March 23-March 27: 12-2pm

March 30-31: 12-2pm

**Mr. Trahan** will be available for office hours via email daily ([trahanj@region10ct.org](mailto:trahanj@region10ct.org))

March 23-March 27: 8pm-10:00pm

March 30-31: 8pm-10pm

HBMS:

More information to come.

LSM:

Grade 12: Students should continue to complete scholarships and meet deadlines by emailing all materials to Ms. Berardinelli ([berardinellc@region10ct.org](mailto:berardinellc@region10ct.org)). She will attach transcripts and letters of recommendations that you ask her to. Counselors will continue to support applications/college questions

Grade 11: Students should continue their post secondary search viturually through Naviance, and individual college websites. Naviance is a great resource for career and interest exploration. Additional resources include College Board Big Future. In late April/early May students will receive information about requesting teacher letters of recommendation via Naviance. More information to come.

Grade 10: Students should log into Naviance and complete the Do What You Are Personality Profiler; students should explore some of the potential careers identified

Grade 9: Students will be receiving a Microsoft form from the school counselors and should complete it when they can.

Transcript and letter of recommendation requests should be sent to Ms. Berardinelli at [berardinellc@region10ct.org](mailto:berardinellc@region10ct.org).