



CATHOLIC SECONDARY SCHOOL COUNSELORS OF NEW YORK CITY

Fall/winter  
2020

EXECUTIVE BOARD

### *PRESIDENT'S MESSAGE*

Greetings CSSC/NYC!

This is a tough one! As I type to you, I know that this has been the most difficult nine months for me, our students, America, and the world. We are used to happy greetings of silly complaints of the SAT woes or students and their social media squabbles. We are living history and it's something we would not have imagined in our wildest nightmares. But, as counselors, we persevere. Despite any sort of difficulty or tragedy we may have personally suffered, we know the importance of putting on a brave face for our "kids" so that they may learn and prosper as best as they can in this most difficult year.

The goal of Catholic Secondary School Counselors of NYC has always been one of support. We, myself along with Ms. Cecilia Gottsegen—Assistant Principal of Bishop Loughlin Memorial High School, seek to support our

fellow Catholic High School Counselors. We know that the private schools have been a beacon of hope for many parents and students during this pandemic as the NYC public schools have suffered terrible setbacks during remote learning.

As one quarter has flown by, do we have the "hang of it?" How are our students doing? How are we doing emotionally? Who is actually supporting us? It is finally time for us to have a discussion about best practices and what is not working. It is on us to advocate for change if something is not working for our students.

I look forward to speaking with everyone and getting back into the groove of having these meet ups. I am also fresh off the heels of a fabulous virtual conference through New York State School Counselor Association. I have some excellent materials to share with you too.

Best Regards,

*CHRISTINE CURCIO*

**St. John's Prep**

**President of CSSC/NYC 2020-2021**

Pictured Below



As we work with youth through these times, it is important to find resources to help them through their struggles. Grief is a common one. I have found that grief does not have to be the loss of a special person. This year, particularly, the seniors are grieving the apparent loss of what was to be their special year slipping away from them. We have been unable to schedule our normal programming for them like their typical senior gatherings and their senior prom is in question once again. I pray we get to have some amount of normalcy for them but it remains a mystery. A workshop I attended through NYSSCA and Mental Health Association in New York State, Inc provided some valuable resources for dealing with grief in youth.



1. [Griefnarratives.com](https://griefnarratives.com)
2. Camp Erin (Albany, NYC, Pittsburgh):  
<https://elunanetwork.org>
3. Coalition to Support Grieving Students:  
<https://grievingstudents.org>
4. The Dougy Center:  
<https://www.dougy.org>
5. Hospice Foundation of American:  
<https://hospicefoundation.org>
6. American Hospice Foundation:  
<https://americanhospice.org>



**NEXT  
MEETING  
DATE: TBD—  
FEBRUARY  
2021**



Feeling overwhelmed  
about COVID-19?

Help is waiting for you.

NEW YORK STATE  
COVID-19 EMOTIONAL SUPPORT HELPLINE

**1-844-863-9314**

8 AM - 10 PM, 7 days a week

# Need to talk?

We've got time to listen

Text **"Got5"** to 741741 to start a conversation

**CRISIS TEXT LINE**

**NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE**

1-800-273-TALK (8255)

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

