

The School Counsellor @ SHC

Dear Grade 7

Welcome to SHC I am Marie Grobler and I am the School Counsellor. I am a trained social worker and also specialized in Play Therapy and Logotherapy (healing through meaning). My role here at school is to offer a safe space where you can just be and find support. You can make an appointment yourself or just pop in if you feel you need to talk or if you just need time out. Parents and teachers also refer learners to me.

By my side I have Bella (my spaniel) who is here to make you feel at home and with whom you can play or just stroke her should you need some TLC.

I work in the pre-school, primary school and high school. My aim is to help you to obtain skills to cope with everyday life. Our emotional tanks can sometimes overflow and it helps to offload somewhere. We all stand in many different relationships with ourselves, family, teachers, fellow learners, school work etc - therefore it is important that we keep those relationships healthy. I am not an advice bureau but together we will try to find ways for you to exist, explore options you can choose from and cope in your world and find meaning in all these different relationships. I am looking forward to meeting you!

Marie Grobler & Bella

