

Each school year, Beechwood has welcomed counseling interns from Acknowledge Alliance. They have supported students and families throughout the school year through individual and group meetings, as well as parent and family meetings when possible, requested, or necessary. Last year, Acknowledge Alliance was able to secure a major grant that will be helping to support there being a full time, post graduate clinician, who will be able to bring more experience, time and availability to the school. I am pleased to introduce Alicia Lara and Jennifer Sohn for this school year of 2021-22. They will be here collectively 5 days each week.

***Alicia Lara***

I am the new Resilience Counselor at Beechwood. My work at Beechwood will consist of supporting the teachers, staff, and the students. I grew up in Redwood City and have been working with adolescence for over 30 years. I have masters from the University of San Francisco in Counseling in Psychology with a minor in Marriage Family Therapy. In my free time I enjoy hiking, reading, bike riding, walking my dog, and spending time with my family and friends. I will be at Beechwood on Fridays. I am looking forward to the school year.



***Jennifer Sohn***

I am excited to be here at Beechwood with the Acknowledge Alliance team! I am an east coast native, born and raised outside Philly. I am an Associate Clinical Social worker with Masters Degrees in Social Work and Public Health from Boston University. I worked as a Health Educator at health insurance companies for many years before leaving to start my own small business - Little Pretzel Yoga. After many years doing yoga and mindfulness classes for kids of all ages, I decided to go back to my social work roots and be a school counselor. I received my PPS credential last year to work in public schools and am working towards my social work licensure now. I was at Kennedy Middle School in Redwood City last year, working for One Life Counseling Services. I joined Acknowledge Alliance so I could continue to focus my work in a school setting and facilitate Social and Emotional Learning in classrooms. I have had training with Mindful Schools, Mission Be and San Francisco Education Fund on mindfulness in the classroom for kids of all ages. I am passionate about this work and love to teach yoga to kids (and adults!) too. I will be at Beechwood Monday afternoons and all day Tuesdays - Thursdays. I am big on health, wellness, nutrition, spending time with my kids, taking hikes, going to the beach, and cuddling with my dog.

***Chris Chiochios***

This is the start of my 12<sup>th</sup> school year at Beechwood. My work at the school includes supporting the teachers and Beechwood staff and students, as well as overseeing the counseling program and training the counseling interns who provide social and emotional support to the students and their families. I continue to teach our Project Resilience or Social Emotional Learning classes with the 3<sup>rd</sup> - 5<sup>th</sup> grades. I have worked with children and adolescents and their families, much of this in schools, for the past 20+ years. I also have a private practice in Palo Alto where I provide therapy for children, adolescents, and their families. I am at Beechwood on Tuesdays and Wednesdays.

I enjoy spending time with my family, cooking and eating tasty food, reading and relaxing, being outdoors, gardening, playing guitar and ukulele, photography, watching baseball, especially the Giants!

