Dear SJNRS Parents,

Feelings can be complex and scary at this time. If you need to touch base with one of our counselors because your child is feeling anxious or distraught, please reach out to Mrs. Comensky by emailing her at [altcsjn@ptd.net](mailto:altcsjn@ptd.net). Please leave your name, number and child's name and grade. Mrs. Comensky or a CLIU Counselor or Social Worker will be in touch. Remember to answer the phone, even if you do not recognize the number. If you believe your child is in a serious crisis, please dial 911 for all emergency situations.