

COUNSELING CORNER

PREPARATORY CHARTER HS

TOOL BOX TOPIC: BENEFITS OF SLEEP

- REDUCE STRESS AND IMPROVE MOOD
- ABILITY TO STAY FOCUSED INCREASES
- REGULATED BLOOD SUGAR AND HEALTHY HEART
- IMPROVED COGNITIVE FUNCTION
- ATHLETIC PERFORMANCE

TIPS FOR GETTING BETTER SLEEP

- MAINTAIN A CONSISTENT SLEEP SCHEDULE
- AVOID CAFFEINE BEFORE BED
- DAILY MOVEMENT
- SLEEPING IN A COOL & DARK ENVIRONMENT
- AVOID SCREENS BEFORE BED



TOOL BOX TOPIC: PHYSICAL ACTIVITY

- IMPROVED BRAIN FUNCTION
- DECREASES THE CHANCE OF CHRONIC ILLNESS
- REGULATED MENTAL HEALTH
- INCREASED MOBILITY
- LOW BLOOD PRESSURE

TIPS TO MOVE MORE

- WALK INSTEAD OF DRIVE
- PARK IN THE FARTHEST PARKING SPOT
- TAKE THE STAIRS IF ABLE
- STRETCHING
- SCHEDULE TIME FOR MOVEMENT DAILY



UPCOMING EVENTS

Prep Charter Health Fair

Health organizations from across the city are coming to educate students on different aspects of their health.

When: March 20th
Where: The School Gym
Time: 11 am - 1pm

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WORD OF THE MONTH



Boundaries

Boundaries are limits people set in order to create a healthy sense of personal space. Boundaries can be physical or emotional in nature, and they help distinguish the desires, needs, and preferences of one person from another.

RESOURCE CORNER

R.W. Brown Boys & Girls Club Teen Program

Caring People Alliance currently operates a Teen Program in North Philadelphia, at the R.W. Brown Boys & Girls Club. This program is designed for teens and young adults ages 13-18. The members have access to technology, a recording studio, fitness room, art space, cosmetology tools, driving instruction and more. All elements of the program follow youth development programs, customized by Boys & Girls Clubs of America.

<https://www.caringpeoplealliance.org/our-programs/boys-girls-clubs>
Location: 1701 N 8th St, Philadelphia, PA 19122
Phone: 215-763-0900
Cost: Free

Drexel Individual Couple and Family Therapy Services

Center City.	West Philadelphia
1601 Cherry Street, Second Floor	3020 Market Street, Suite 510
215-571-3409	215-571-3409

This clinic is distinct from the Drexel Psychological Services Center and is run by second-year couple and family therapy students at Drexel. It also offers services on a sliding fee scale based on income.

Sliding scale: \$10 to \$20 per session, but no one is turned away due to inability to pay

The Men's Resource Center

1601 Walnut Street, Suite 1017 Philadelphia, PA 19102
215-564-0488

This clinic sees men "of all ages, races, ethnicities, gender identities and sexual orientations" and has groups specializing in domestic violence prevention and anger management.

Sliding scale: Individual sessions begin at \$25