

# PRESS RELEASE

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## **FOR IMMEDIATE RELEASE**

July 23, 2020 | El Dorado County, CA

### **Wellness Update**

El Dorado Union High School District and Sierra Child and Family Services care about the well-being of students, families, and staff. We are here for you and your family if you need help. The mission of the Wellness Center is to assist students and families with navigation to community resources, to offer a safe space to explore needs/concerns and to improve the overall health and well-being of the students. With this said, we understand this support may be needed now more than ever.

With the recent announcement of distance learning and not immediately returning to school campuses, we understand there will be many reactions and feelings about this complicated decision. Please know, the Wellness Center is open and available to support any need or concern that may come up for your student or family. We are available to set up appointments via phone, zoom or in person to support your student or family.

Please feel free to contact us by phone or email. Below are the specific email addresses for each school site.

[trojanwellness@eduhd.k12.ca.us](mailto:trojanwellness@eduhd.k12.ca.us)  
[bruinwellness@eduhd.k12.ca.us](mailto:bruinwellness@eduhd.k12.ca.us)  
[cougarwellness@eduhd.k12.ca.us](mailto:cougarwellness@eduhd.k12.ca.us)  
[diamondbackwellness@eduhd.k12.ca.us](mailto:diamondbackwellness@eduhd.k12.ca.us)  
[\*\*saintwellness@eduhd.k12.ca.us\*\*](mailto:saintwellness@eduhd.k12.ca.us)

You can leave a confidential voicemail at:  
(530) 280-2009

Additionally, if you or someone you know, is in need of immediate assistance, please call 911 or refer to the attached list of crisis intervention resources.

For additional resources please check our website at the following address:  
[\*\*https://www.scfswellnesscenters.org/\*\*](https://www.scfswellnesscenters.org/)

We update the website consistently with new resources, activities and information.