



# The Counselor's Corner

Hello Gilmore families! Can you believe that it's November already? This year is flying by. Did you know that November is national Kindness month?

On the 13th its World Kindness day and on the 27th, its Random Acts of Kindness day. What better way to celebrate this by showing your child how you are kind to others and encouraging them to do the same. Click on the link in the following page for some great ideas on how to incorporate random acts of kindness into your everyday life.



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With the holidays coming up, you or a family you know, may be struggling financially at this time. Below are some resources to give and receive a Thanksgiving meal. Holidays may look different this year. Try to carry on with as many annual traditions that you can. Being able to appreciate what you do have in life is so important. Remember...it's just as important to be kind to yourself as it is to others.

## LINKS

<https://www.randomactsofkindness.org/kindness-ideas>

<https://foodbankofnc.org/events>

[https://www.needhelppayingbills.com/html/nevada\\_county\\_food\\_pantries.html](https://www.needhelppayingbills.com/html/nevada_county_food_pantries.html)

Best,  
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