



KRISTI MONSOUR
MENTAL HEALTH COORDINATOR

DID YOU KNOW...Reach-Up has four, full-time mental health professionals on staff?

What We Offer

- A listening ear, free of judgment
- Conscious Discipline & Circle of Security parent/caregiver education
- Family/child skills provided in-home or classroom
- Lighthouse Child & Family Services therapeutic services
- Referrals to community mental health agencies

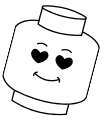
How do I know if my child needs help?

Signs to watch for:

- **Loss of skills** - ex: a child who was potty trained but is now having repeated accidents.
- **Changes in eating, sleeping or mood** that last longer than a couple weeks.
- **Difficult behavior** at home or school.
- **Trouble adapting to change** such as the loss of a loved one or moving to a new home.

How long have you been with Reach-Up? 6 years
Fun Fact about you:

I secretly love building LEGO.



Most exciting part of your job? Seeing kids, families and staff realize they can do things differently.

Least favorite chore around the house: Dusting...uuuggghhh.....
If you could take three items on a deserted island with you, what would they be: A Leatherman, water filter and sunglasses.



@reachupheadstart



Reach-Up Head Start

UPCOMING
EVENTS

Reach-Up Outdoor Classroom Grand Opening!
Tuesday, May 30, 4-6 PM
350 Highway 10 S, St. Cloud
Food, activities, classroom tours, open playground, K9 demonstration and prizes!

JOIN US FOR A
PARTY