



MEET THE COUNSELOR

Allison Grijalva, M.S in Counselor Education

About Me

Hello, my name is Mrs. Grijalva and this is my second year at the Catholic Academy of Stamford. But this school year will be my fifth year as a Connecticut certified school counselor. I am grateful to be at the academy, working with students and staff to create a positive learning experience for all. I enjoy helping students develop a growth mindset and seek coping skills to make their school day go a little easier.

This school year I will be helping students improve and meet their academic, social, and emotional milestones while emphasizing the focus on our school wide theme, which is: a community of saints in training. I will have monthly classroom lessons for all grade levels K-8 and have a reflection worksheet after each lesson for you and your child to continue the conversation at home. The Catholic based curriculum includes the following topics: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Outside of the classroom lessons and follow up at home, I can meet with the students in a group or individually to continue to fostering the skills we discuss.

Outside of school, I have a wonderful husband, and we are expecting our first child together. We are active members of our local parish. In our free time, we love being outdoors, spending time with family and friends, and occasionally traveling.

How I Can Help

I can provide support to students and their families in many ways. I can support students in reaching their academic milestones/closing the gap, as well as help them develop healthy social-emotional wellness in the classroom and individually.

Additionally, I can collaborate and consult with our school teams to determine the best overall support for each child.

Please don't hesitate to contact me at any time to support you and your child.

Contact Info

Here are all the ways you can contact me:

Email: agrijalva@catholicacademystamford.org

Phone: (203) 322-6505

Webpage: [CAS Counselor Corner](#)

Helpful Links

[Stamford Youth Mental Health Resource Guide](#)

[Stamford Health and Human Services](#)

[Benefits of Social Emotional Learning](#)