



pathways  
by engage

Preparing To Transition To A New School

SCAN ME



## Getting Ready For A New School

Changing schools, whether it's moving up a grade level or starting somewhere completely new, can bring up a mix of feelings. You might feel nervous, scared, or sad, but also excited, curious, or hopeful all at once, and that's totally normal. Big changes like this can be hard, but you're not alone. Lots of people have been through it and know it can feel overwhelming at first. The good news is that these feelings don't last forever, and you will adjust over time. Change can even be a fresh start, giving you a chance to make new friends, try new things, and shape the kind of school experience you want.

SCAN ME



## What You Can & Can't Control

When you start at a new school, it can feel like a lot is out of your control, but some things actually are in your control. Think of it like a circle: inside are the things you can do, like visiting the school, joining clubs, talking to someone you trust, or getting your backpack ready. Outside the circle are things you can't control, like who's in your classes, what teacher you get, or how long it takes to feel comfortable. It's normal to wish you could control those things, but focusing on what's inside your circle will help you feel more prepared and confident. Letting go of what's outside the circle can bring relief.

SCAN ME



## Skill #1: Leaves On A Stream

Sometimes our thoughts and worries can feel like they're taking over. Leaves on a Stream is a mindful tool that helps you notice your thoughts without getting stuck on them, and then gently let them go. You imagine sitting by a calm stream, placing each thought on a leaf, and watching it float away. This can help you feel calmer and give you space from overwhelming thoughts. It's something you can practice anytime you need a break from worries and want to feel more peaceful. The more you practice, the easier it gets to let go of unhelpful thoughts and things that are outside of our circle of what we can control.

SCAN ME



## Skills #2: A Mindful Walk

A mindful walk is a simple way to help your mind and body feel calmer by paying close attention to what's happening inside you and around you as you move. Start by pausing to notice how you feel both in your mind and your body. Then take a few slow breaths. As you walk, focus on how your body moves and use your five senses to notice what you see, hear, smell, taste, and feel. If your mind wanders, gently bring your attention back to your breath and surroundings. This practice can help you feel more grounded and present, and you can do it almost anywhere like at school, after school, or at home.

SCAN ME



## How You Can Support Your Child

When your child is starting at a new school, your support can make the transition feel less overwhelming. Keep communication open so they feel safe sharing their fears, questions, and excitement, and let them know it's okay to have mixed feelings. Encourage them, help them get familiar with their new school, and try to connect them with other students ahead of time. Check in regularly, as their feelings may change, and consider whether therapy could give them extra tools and support. Practicing self-care together such as walks, crafts, games, or time with friends, can also help ease stress.



# pathways

by engage



**Lauren Pomerantz, Registered Associate MFT**  
Supervised By Danielle Chebabi, LMFT

Lauren is a Registered Associate Marriage and Family Therapist who takes the time to truly understand her clients' personality, values, strengths, and goals. She works collaboratively with them to navigate challenges by building upon their resilience and develop strategies for healing and growth. Lauren supports teens, young adults, and adults through individual, couples, and family therapy. She has experience supporting clients facing anxiety, depression, trauma, low self-esteem, life transitions, and perfectionism. Lauren takes a person-centered approach, tailoring therapy to meet each client's unique needs whether they prefer a structured process or a more open, exploratory space. In her work, she integrates Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT), as well as elements of Solution-Focused Therapy, Family Systems, and Attachment Theory.

## Our Story

Pathways by Engage was created to expand access to quality mental health care. As a sister company to Engage Psychological Services, we share the same foundation of clinical excellence, compassion, and ethical care while placing a strong emphasis on affordability and accessibility. Our practice brings together a team of licensed clinicians and associate therapists who are carefully supervised and mentored by experienced licensed professionals. This collaborative structure allows us to provide thoughtful, high-quality care while offering more flexible pricing options and insurance-based services. We proudly serve clients through insurance networks including Aetna, Medicare, and Victims of Crime, with additional partnerships with Blue Shield, Anthem, and Cigna coming soon. At Pathways by Engage, we believe everyone deserves access to care that supports healing, resilience, and personal growth.