

**Welcome Future
Vernon Families,
I'm your school counselor
Hanna Allen**



**You can contact me at:
503-916-6415 Ext. 77707
cell 971-378-0424
hallen@pps.net
[Appointment Request](#)**

**Here are some resources you
may find helpful**

[More about Me](#)

[Vernon Counselor Website](#)

Mindfulness:

[Mindfulness Class for Kids](#)

[Incline the Mind to Joy](#)

[Ted talk: Hardwire your Brain](#)

Collaborative Problem

Solving:

[CPS for Families](#)

[Changeable: CPS](#)