

School-Based Skill Building

East San Diego

In partnership with Lakeside Union School District, our School-Based Skill Building (SBSB) program provides prevention and intervention services to students through a Multi-Tiered Systems of Support.

Eligibility

Students in grades 4-8 enrolled in one of the partner schools in Lakeside Union School District

- Full-scope Medi-cal beneficiaries

Contact your school's Counselor, Social Worker, or Administrator to have your child referred. You may also contact the Fred Finch Program Lead for more details about the services.



Partnering Schools

- Lemon Crest Elementary
- Lindo Park Elementary
- Lakeside Middle School
- Tierra del Sol Middle School

Contact/Referrals

Program Lead, **Tehya Widmann:**
tehyawidmann@fredfinch.org

This Program is Funded by the County of San Diego



About Us

Our school-based program provides small group interventions for social-emotional skill building, and connects students to services to maximize their social and emotional learning. Through coordinated services in school and in the community, SBSB is designed to promote.

- Social-emotional competence
- Emotional regulation
- Healthy relationships
- Increased problem-solving skills
- Improved communication
- Academic readiness
- Classroom functioning
- Resilience
- Increased family engagement

SCAN to learn more



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