



# COUNSELOR'S CORNER



March 2025

## Mental Health Service

### Care Solace

Finding a provider who will take your insurance and be able to accommodate your schedule can be difficult. Calling one provider after another to find the right one can take hours, days, or weeks.

Care Solace is a service available to all WISD families. This service provides representatives who will do all of the calling for you to help you locate a mental or behavioral health provider.

If this is something that would benefit your family or a member of your household, contact Care Solace at 888-515-0595 (available 24/7/365 in any language) or go to: [www.caresolace.com/waxahatchie](http://www.caresolace.com/waxahatchie) and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.

## Groceries

Park Meadows Baptist Church, in connection with Manna House Outreach of Midlothian, provides free groceries on the last Wednesday of every month at 3 p.m. at Park Meadows (first come, first serve).

## Sleep Awareness

**Sleep Awareness Week March 9-15.**  
**Theme: "Make Sleep a Priority"**

The National Sleep Foundation emphasizes the important connection between sleep and overall health and well-being.

Check out the Mayo Clinic Article, "[Is Your Child Getting Enough Sleep?](#)"

## Contact Info

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