

LK Psychotherapy & Clinical Services Offers Families and Educators Tools to Ease the Back-to-School Transition

Belleville therapy practice highlights strategies for parents and teachers as students return to the classroom

BELLEVILLE, ONTARIO, CANADA, August 11, 2026 /EINPresswire.com/ -- As families across the region prepare for the return to school, LK Psychotherapy & Clinical Services is offering guidance to help parents, teachers, and students navigate the emotional shifts that come with a new academic year. The Belleville-based practice, known for its trauma-informed and culturally responsive approach to care, says the weeks surrounding back-to-school are a critical window for identifying and addressing mental health needs before they escalate.



Back-to-school can bring big emotions—early support can help children feel understood, supported, and ready for the year ahead.

"The return to school is not just a logistical shift. It is an emotional one," said Lethicia Foadjo, Founder and Trauma Therapist at LK Psychotherapy & Clinical Services. "Children and teens can experience real distress as routines change, social dynamics reset, and academic pressure builds. When parents and teachers know what to look for, they can respond early and keep small struggles from becoming bigger ones."

“

The return to school is not just a logistical shift. It is an emotional one.”

Lethicia Foadjo, MSW, RSW

Recognizing School Anxiety in Children and Teens

For parents, LK Psychotherapy & Clinical Services points to several signs that a child may be struggling with school-related anxiety, including:

- Refusal or reluctance to attend school
- Sudden or unexplained changes in mood or behavior
- Physical complaints such as headaches, stomach aches, or trouble sleeping
- Increased clinginess or difficulty separating from caregivers
- Withdrawal from friends or activities the child previously enjoyed

The practice recommends that parents respond with calm, consistent routines and open conversation rather than pressure or dismissal. Practical strategies include maintaining predictable morning and evening schedules, validating a child's feelings without reinforcing avoidance, and building a strong line of communication with teachers and school staff so concerns can be addressed jointly. This kind of home-school connection, the practice notes, gives children a more consistent and supportive environment as they adjust.

Supporting the Educators Behind the Classroom

The release also turns attention to teachers and school staff, who face their own version of back-to-school pressure. Educators often manage a new roster of students, shifting curriculum demands, and high emotional labor within the first weeks of the term, all of which can set the tone for the rest of the year.

LK Psychotherapy & Clinical Services offers a framework for educators to manage the early "jitters" of a new year and guard against the kind of chronic stress that can lead to burnout by mid-year. Recommended strategies include:

- Setting realistic expectations for the first few weeks rather than the whole term
- Building in short recovery periods during the school day



A supportive conversation can make the transition back to school feel a little less overwhelming.



A calmer school year can start with small moments of reflection, rest, and taking care of yourself.

- Identifying early personal warning signs of stress, such as irritability or fatigue, before they compound
- Leaning on colleagues and school-based support systems rather than managing pressure alone

"Teachers are often the first to notice when a student is struggling, but they need support too," said Foadjo. "A sustainable school year starts with adults who have the tools to manage their own stress, not just their students'."

A Proactive Approach to the School Year

LK Psychotherapy & Clinical Services emphasizes that early intervention, whether for a child showing signs of school anxiety or an educator feeling the strain of a new term, creates a more supportive environment for the entire school community. The practice offers [individual therapy](#), parent coaching and attachment work, and support tailored to high-demand professional settings, including education.

Families and educators interested in support can schedule a consultation through LK Psychotherapy & Clinical Services at 48 Dundas St West, Belleville, Ontario, by calling (613) 813-9529, or by visiting lkpsychotherapy.ca.

About LK Psychotherapy & Clinical Services

LK Psychotherapy & Clinical Services is a Belleville, Ontario based practice offering trauma-informed, culturally responsive psychotherapy for individuals, couples, and families. Founded by Lethicia Foadjo, the practice provides individual therapy, couples and family therapy, parent coaching and attachment work, group therapy, executive coaching, and specialized programs for military members and first responders. Learn more at lkpsychotherapy.ca.

Lethicia Foadjo, MSW, RSW
LK Psychotherapy & Clinical Services
+1 613) 813-9529

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/933197558>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable

in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.