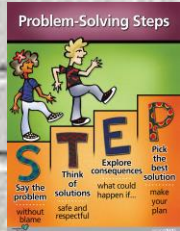


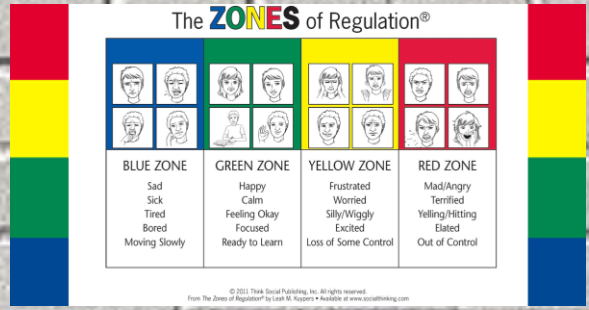
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[Empathy](#)

[Problem-Solving Steps](#)



The Zones of Regulation



Welcome to Mr. Arias'
Virtual Counseling Office!
 Loma Verde School Blog:
<https://lomaverdewildcats.org>
 Valley Vista School Blog:
<https://valleyvistavikingnews.wordpress.com>
 Contact Info:
 Mr. Arias, School Counselor
Diego.arias@cvesd.org

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