



Doss Counseling

Sept 2025

Meet Mrs. Natalie Perez

Y'all. Natalie Perez is AISD's School Counselor of the Year and we couldn't be more proud! Now in her seventh year as a counselor, Natalie is a Texas Tech and Anderson High School graduate. She is the wife of an AISD coach, and mom to two boys- one a proud Doss Owl.



Lesson Topics

This month our two classroom lessons will be on the topics of "Meet the Counselor" and "Self-awareness and regulation."

Consent to Additional Services (New)

Be sure to sign the mental health consent form for each of your students. This gives your "ok" for the supports we have always given like mini-meetings, self-referrals, and hallway and classroom help. [Click here](#) for more info.

Forms:
[English](#)
[Spanish](#)

Meet Mrs. Kara Wilkinson

Kara Wilkinson has spent over a decade in education- working in higher ed, early ed, secondary, and now primary. She recently earned her master's from Sul Ross State University and celebrated by jumping into Balmorhea State Park pool in her cap and gown! Kara is married to a proud "Yankee" and is mom to two Doss Owls.



Join Us!

Hear more about our award-winning counseling program and services at the next PPC on Fri, Sept 12th at 8:00 a.m.