

FEBRUARY 2019

You Are Important

How we feel about ourselves affects all aspects of life— how we interact with friends, how we treat others, how we problem solve, how we handle adversity, and how willing we are to try new things.

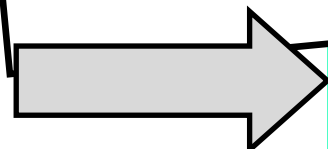
Not everyone is good at the same thing, but we're all good at something! Remember to celebrate and love yourself...

YOU ARE IMPORTANT!

SOTA Counseling Corner

Foundation Grades 7-9

Ways to Love Yourself!



To be a good friend... you must first love yourself!
-Gandhi

Write a Kind Letter to Yourself	Get some Exercise
Keep an "All About Me" Journal	Surround yourself with Positive People
Give Someone a compliment	Invite someone new to hang out with you
List the wins in your life	Keep a Gratitude Journal
Keep a "What I love about my life" Notebook	Eat Healthy and take care of yourself
Write your goals down, re-read them when you are starting to doubt yourself	Make a Self-Care Kit, put things that make you happy in a shoe box. Pull them out as needed
Find a Hobby you Love!	Set goals for yourself
Don't Participate in Cruel Conversations	

Students, Parents, and Families, please feel free to contact us by email or phone with any questions.

Programs and Events

Girls In Stem Fair @ RIT

Grades 7-12

Saturday, February 23rd, from 9:00am-12:30pm experience hands-on demonstrations presented by RIT's female students and faculty. Come to explore. Come to engaged, Come to see all the possibilities of STEM. Register online at <http://bit.ly/2rdqGX2>

Summer of Opportunity- JOBS!

Ages 14-20

Find the Perfect Summer Job, 6-8 week paid summer work experience through City of Rochester, & Rochester Works. Apply Online starting March 1st at www.summeryouthemployment.org. Call 585-428-6366 for more information.

PathStone Youth Mentoring Program

Ages 14-17

A program to assist youth with: grades, attendance, life skills, planning for life after high school, learning how to live a healthy lifestyle and much more. For more information contact: Katie Malik, Mentor Coordinator at kmalik@pathstone.org or 585-340-3718 or visit the office located at 15 Prince Street

STAR Sisters Together Achieving Results

Grade 9

Local mentoring program, mission is helping young woman succeed. Visit www.sisterstogether.org. for more information and to apply.

S.W.A.T (Spreading Wellness Around Town)

Ages 14 and up

SWAT is a youth council that meets each week with community leaders, and other professionals to talk about topics and issues that youth care about. SWAT is a way for youth voices to be included, and heard.

Contact Ms. Bianca Logan at (585) 753-2638 for more information.

Academic Assistance and Tutoring

Urban League Afterschool Academy

Grades 7-9

Academic program focused on preparing students for college, work, and life. For more information call (585) 325-6530 ext. 3049.

Boys & Girls Club

Grades 7-9

Afterschool program focusing on Homework Help, Sports, Arts.

Email cwatson@bgcrochester.org or call 585-328-3077 for more information.