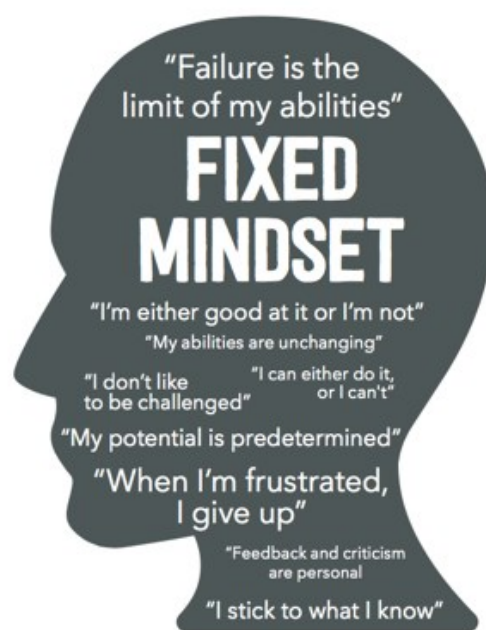


NOVEMBER 2018

Do You Have a Growth Mindset?



When you believe in yourself, work hard, give your best effort and keep trying no matter what- there is no stopping what you can do!

Choose success, choose a growth mindset!

MINDSET MATTERS



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

NOVEMBER 2018

Programs and Events

PathStone Youth Mentoring Program **Ages 14 to 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 women succeed. Visit www.sisterstogether.org for more information and to apply.

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

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 (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.

Please visit our webpage at www.sotarochester.org,
click on Counselor Corner, Foundation Tab