

*Students,  
I Can Help You With:*

 **Getting Along with Others**

 **Dealing with Uncomfortable Feelings**

 **Improving Study Skills**

 **Setting and Striving Towards Goals**

 **Feeling Good About Yourself**

 **Creating Academic Success**

*Families,*

*We are available to collaborate with you to:*

- Explore ways to help your child succeed
- Enhance parent-child communications
- Provide referrals for community resources
- Discuss developmental aspects of childhood
- Celebrate your child

**A Note from Your School Counselors**

Dear Families,

We are excited to introduce ourselves as your child's school counselors. Our approach to counseling is strength-based, multicultural, and holistic. We believe that all people, regardless of age, strive towards self-direction and growth - AND - that we all need connection and belonging. When we work with students, families, teachers, and other school community members, we aim to cultivate meaningful relationships that are facilitative to those guideposts.

Communication with families is VERY important to us. We truly enjoy and appreciate hearing from families. Please contact us with any questions, concerns, progress, and/or good stories about your child that you may wish to share.

Best Regards,  
The Ryan Middle School Guidance Team

**MISSION STATEMENT**

Our school counseling program supports all students to achieve academic, career, personal, and social development through a comprehensive, holistic model. We believe all children have an infinite potential to learn and grow, the school counseling program aims to help students build skills which promote compassion for self and others, grit to do hard things, tools to make meaningful connections, and passion to engage in lifelong learning. In partnership with parents, teachers, administrators, and the community, the school counseling program will foster an environment where all students feel they belong, cultivate resiliency, know their unique voices matter, and are prepared to creatively contribute to our world.

**George J. Ryan Middle  
School 216**

**Counseling Program**



**Audra O'Brien  
Sandy Kovacs  
Joan Gewurz**

**(718) 358-2005 x 1181, 1182, 1183**

## School Counseling Services

### Classroom Guidance Curriculum

Lessons are taught to all grades levels, preventative, developmentally appropriate, and address academic, personal, social & career growth.

### Small Group Counseling

Using a psycho-educational model, small groups help students reflect on their experiences, recognize they are not alone, and enhance relationship, intrapersonal, learning & behavioral skills. Parents are notified when their child is selected to participate.

### Individual Counseling

When appropriate, the school counselor meets with individual students on a short-term basis. These sessions can be for planning academically or of a personal/social nature.

### School-Based Consultation & System Support

### Community Resource Referrals

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## Confidentiality & Informed Consent:

All Professional School Counselors are required to follow ASCA's *Ethical Standards for School Counselors*. The school counselor respects confidential information received from students, the family, guardians, and staff members, with some exceptions.

Those exceptions are when: 1) there is any suspicion of child abuse or neglect; 2) where a student poses a serious threat to themselves or others; and/or 3) where legal requirements demand a release of information.

## Community Resources

### Queens Child Guidance

Individual and Family Counseling

#### Flushing Clinic

140-15B Sanford Avenue

Flushing, NY 11355

Phone: 718-358-8288

Fax: 718-358-5265

Hours: Monday—Thursday: 9 a.m.-9 p.m.; Friday: 9a.m.7

p.m.; Saturday: 9 a.m.-3 p.m.

### Pride of Judea Community Services

Addiction Recovery, Adult Services, Child Services, Emotional Crisis, Family Services, Forging Healthy Relationships, Jewish Community Services, Living with Mental Illness, Sadness, Worry, Loss, Teen Services

243-02 Northern Boulevard

Little Neck, NY 11362

718.423.6200

### North Shore LIJ Cohen Children's Medical Center

Children and adolescents who meet criteria for a psychiatric disorder are evaluated and treated in the Division of Child and Adolescent Psychiatry at Cohen Children's Medical Center. The most prevalent disorders cared for include: Anxiety disorders, Disruptive behavior disorders, Mood disorders, Eating disorders, Childhood trauma, Issues resulting from the impact of separation and divorce.

#### Child and Adolescent Psychiatry

75-59 63 Street,

Glen Oak, New York 11004

(718) 470-3500

Cohen's Children's Medical Center 269-01 76th

Avenue, New Hyde Park, New York 11040

(718) 470-7000

## Counseling Agencies

\*\*\*Bilingual Services | ~~Parenting Classes

Advanced Center for Psychotherapy

178-10 Wexford Terrace

Jamaica Estates, NY 11432

(718) 658-1123

Comprehensive Counseling of Bayside

36-35 Bell Blvd.

Suite 203 Bayside, NY 11361

(718) 830-0246

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## Helplines

**Trouble coping? Don't struggle alone.**

**We're here to listen and help with problems like stress, depression, anxiety or drug and alcohol misuse. For you or someone you care about. 1-888-NYC-WELL (1-888-692-9355)**

**NYC Well is New York City's free, confidential support, crisis intervention, and information and referral service for anyone seeking help for mental health and/or substance misuse concerns, available 24 hours a day, 7 days a week, 365 days a year. NYC Well is staffed by trained professionals who can help you find the services that best meet your needs.**

**Text or Chat at:**

**<https://nycwell.cityofnewyork.us/en/get-help-now/>**

**GLBT National Hotline**

1-888-843-4564

**National Domestic Violence Hotline**

1-800-799-SAFE (7233)

**Substance Abuse & Mental Health Services Admin**

1-800-662-HELP (4357)

