

## Meet the Rockingstone Student and Family Supports!

Noha	Ms. Blackler	Sarah	Rozzi & Sheema	Mr. Sealey	Emily
<ul style="list-style-type: none"> <li>• Works with the YMCA as a School Settlement Worker</li> <li>• Helps newcomer families and students connect to local programs and services</li> <li>• Help with student's schoolwork by connecting students to YMCA academic counseling, Homework Clubs, and peer tutoring</li> <li>• Can provide assistance with language translation and interpretation</li> </ul>	<ul style="list-style-type: none"> <li>• Provides a confidential space for students to discuss feelings, stress, and personal issues</li> <li>• Can help students develop coping strategies to help improve academic and social well-being</li> <li>• Teaches students social skills, empathy, emotional management, conflict resolution, decision-making, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Can help families and students get connected to services such as counselling, mental health, health care, income assistance, housing, etc.</li> <li>• Provides supports to families and parents to help navigate parenting challenges such as attendance, behaviours, parenting, ADHD, etc.</li> <li>• Can provide brief counselling to students</li> </ul>	<ul style="list-style-type: none"> <li>• Provides support to families who need help coordinating multiple services (justice, health care, etc.)</li> <li>• Can help families and student connect to community services, such as food, clothing, glasses, dental, etc.</li> <li>• Help with registration to recreation programs and funding applications (March break, summer camps, after-school care, tutoring, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Provides in-school support to African Nova Scotian students</li> <li>• Acts as positive role model and advocate to improve academic achievement and cultural self-esteem through in-school support</li> <li>• Can help connect students to community supports and services</li> </ul>	<ul style="list-style-type: none"> <li>• Works with Nova Scotia Health as Youth Health Coordinator</li> <li>• Provides private and confidential information and support to students such as emotional support, navigating relationships, stress, etc.</li> <li>• Promotes health initiatives related to sexual health, nutrition, etc.</li> <li>• Offers birth control education and sexual health information</li> </ul>