

MEET YOUR

West Briar Middle School

Counselor

Ms. Bridgette Ryans

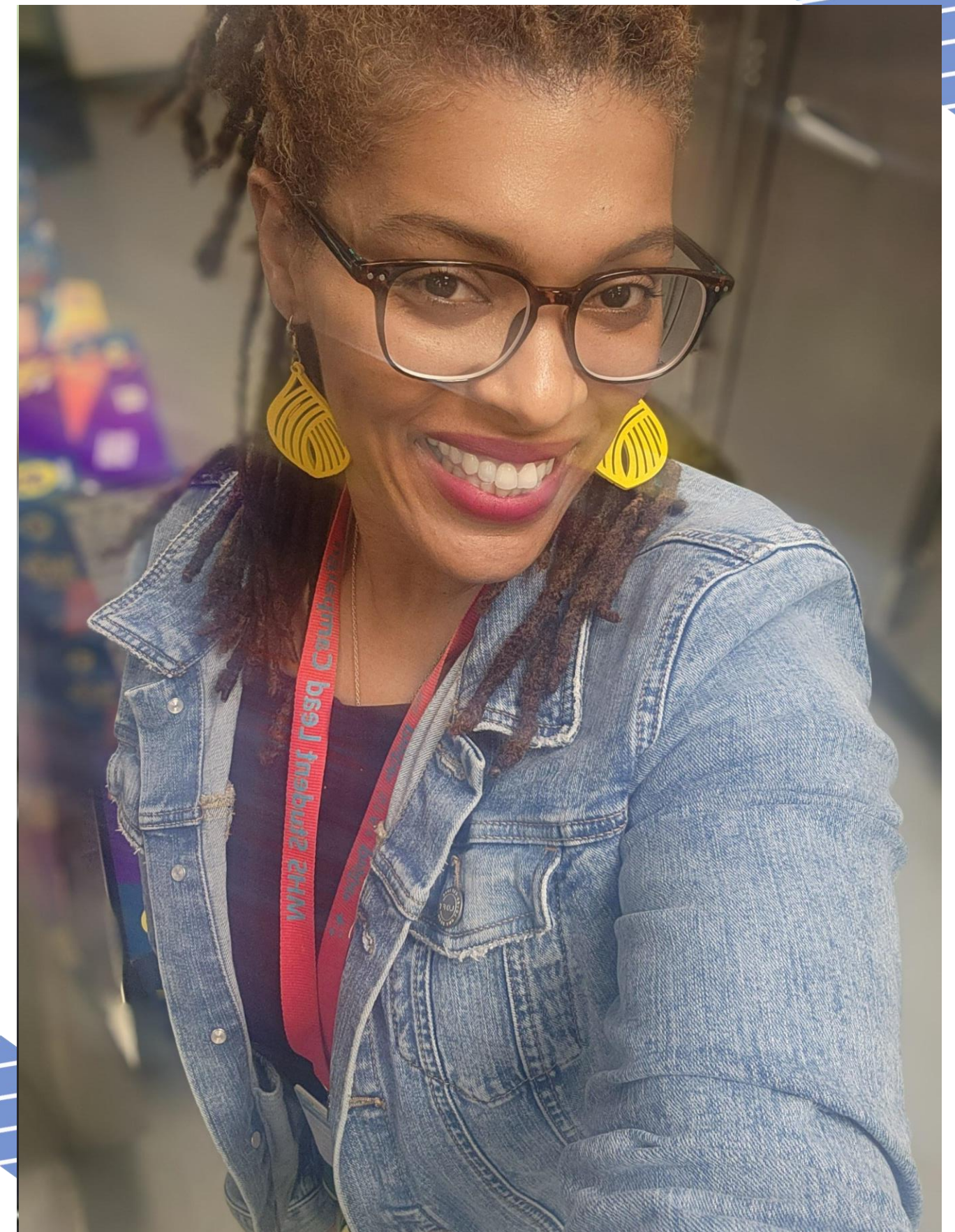
Location: D-100



Hi, my name is Ms. Ryans and I am your school counselor. I am very excited to be back at West Briar. In my free time I like to spend time with my children Alex, Jerome and Jeremiah.

Fun Fact:

I love Turner Classic Movies (TCM) and British TV series!



What is a School Counselor?

A SCHOOL COUNSELOR IS A SAFE PERSON YOU CAN TALK TO AT SCHOOL.

A SCHOOL COUNSELOR WILL VISIT YOUR CLASS AND TEACH YOU ABOUT:

- FEELINGS
- FRIENDSHIPS
- CONFLICT RESOLUTIONS
- COPING SKILLS
- STRESS
- GOAL SETTINGS
- AND MUCH MORE

- UNDERSTANDING YOUR FEELINGS
- RECOGNIZING YOUR STRENGTHS
- MAKING NEW FRIENDS
- HOW IS SCHOOL GOING?
- HOW IS EVERYTHING GOING AT HOME?
- DEVELOPING NEW SKILLS TO BE GREAT COMMUNITY HELPERS

A SCHOOL COUNSELOR WORKS WITH STUDENTS ONE-TO-ONE OR IN A GROUP SETTING.

Students visit our Counseling office for a variety of reasons.

Anxiety/Depression

Bullying

Problems at home

Resources students
may need

Issues they are
having with other
students

Conflict with other
students

Scheduling Issues

Study skills

The list goes
on.....

Confidentiality

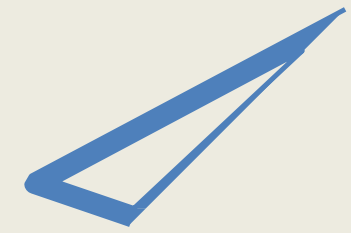
What you say in
the Counselor's
office is
confidential
unless:

- Someone is hurting you
- You want to hurt someone else
- You want to hurt yourself
- You give permission to share with another trusted adult.

How can students contact Ms. Ryans?



Inform your teacher
(they will email/call my office)



Email

<mailto:bridgette.ryans@houstonisd.org>



Inform your House
Secretary



Office is D-100

I can't promise to fix all
your problems but I can
promise you won't have to
face them alone.



Your School Counselor



GRIZZLY COUNSELING DEPARTMENT
"ALWAYS HERE TO ASSIST"

CONNECT ON SOCIAL MEDIA

Twitter

@CounselorRyans



WEST BRIAR
MIDDLE
SCHOOL

“IT’S A GREAT DAY
TO BE A GRIZZLY!”