

## About our Program

We are excited and honored to be working with such amazing students, team of educators, and staff. Below you will find important information on the services that we provide and how we can assist you throughout the school year. We work collectively on all counseling services to support our students and staff. We hope you will join us and we look forward to a productive partnership throughout the year.

Services we provide for students include but are not limited to:

- Individual counseling
- Group counseling
- Crisis Intervention
- College and Career Readiness
- Parent and Teacher Consultation
- Student Behavior Intervention
- 504/IAT Implementation

## Meet the Counselors

We are here to help YOU



Counselor Corner



**Counselors (L - R):**

Ms. Kristal

Ms. Matias

Mrs. Warren



## CONFIDENTIALITY

*means*

WHAT YOU SAY HERE...STAYS HERE...

*unless:*

- Someone is hurting you
- You want to hurt someone
- You want to hurt yourself
- You give me permission to share with a trusted adult

## About Confidentiality

The counseling relationship between students and their school counselor requires an atmosphere of trust and confidence. Students must trust the school counselor to be able to enter into a meaningful and honest dialogue with the school counselor (Iyer & Baxter-McGregor, 2010). However, students should be informed that exceptions to confidentiality exist in which school counselors must inform others of information they obtained in the counseling relationship to prevent serious and foreseeable harm to students, themselves, or others and if it is legally required.

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

Questions? Please ask.

## Ms. Kristal

Hi! I'm Ms. Kristal! This is my 6th year at FBMS and it just keeps getting better. I grew up in Houston and love everything this city has to offer. I'm so excited about this year and know it will be amazing. I love being a school counselor and I'm here to help.

I'm here for you!

## Ms. Matias

Hi! I'm Ms. Matias! This is my 5th year at FBMS. I graduated from the University of St. Thomas (UST) with a Bachelor in Math Education and a Master of Education in School Counseling (UST). I look forward to assisting students with their individual needs to ensure they reach their full potential. #EveryKidEveryDay

## Mrs. Warren

Hi! I'm Mrs. Warren! This is my first year at FBMS, my 26th year in education. I grew up mainly in Houston and am a product of HISD. I am passionate about helping students excel. My door is always open, please feel free to stop by!

## Groups



### StrongHer

The goal of StrongHer is to build self-esteem and confidence, to hone leadership skills, to learn how to best take care of the different communities they are a part of, to practice self-care, to become girls of integrity, and to learn how to empower themselves and others



### No Place for Hate

Through school-wide, discussion-based and active-learning activities, our students and staff will examine identities, reflect on biased behavior and learn new ways to challenge bias and bullying in themselves, others and society. This is a student-led group.

### Boys Mentor Group - Coming soon