

# COUNSELING

## YOUTH GUIDANCE

Youth Guidance's **Counseling programs** have a rich legacy of creating safe and supportive spaces within schools, where students can access counseling and Social-Emotional Learning (SEL) services tailored to their unique needs and the specific requirements of each school.

**“OUR SCHOOL-BASED COUNSELORS ARE SO IMPORTANT BECAUSE THEY BRING EXTRA MENTAL AND EMOTIONAL SUPPORT TO STUDENTS RIGHT IN THEIR SCHOOL SETTING. COUNSELORS HELP STUDENTS LEARN TO EXPRESS THEIR FEELINGS AND INCREASE THEIR RESILIENCE TO MANAGE DAY-TO-DAY CHALLENGES THEY FACE.”**

—COUNSELING AND STRIVE STAFF MEMBER



## YOUTH GUIDANCE COUNSELING PROGRAMS CREATE REAL CHANGE BY:

### ▶ UTILIZING A WIDE ARRAY OF RESOURCES

Youth Guidance's Counseling programs are designed to provide students with a wide array of resources, including individual, group, and family counseling, addressing a diverse range of issues. These services are tailored to help students navigate the challenges of adjusting to a new school environment, fostering healthier interpersonal relationships, coping with trauma, grief, or loss, managing environmental stress, and learning to regulate their emotions effectively.

### ▶ HIRING PROFESSIONALLY TRAINED COUNSELORS

Highly skilled and professionally trained counselors play a crucial role in guiding students through their personal journeys. They empower students to recognize and utilize their unique strengths and resiliency, enabling them to overcome barriers that may hinder their academic success. By promoting emotional well-being and equipping students with valuable coping mechanisms, the counseling programs contribute significantly to a positive and thriving school experience for each individual student.

### ▶ PARTNERING WITH CHICAGO PUBLIC SCHOOLS

Having partnered with Chicago Public Schools since 1969, Youth Guidance's interventions are focused on creating tangible and meaningful change in all aspects of school life that impact students' social-emotional well-being and academic achievement. To achieve this, the programs employ a range of approaches, including developmental, strengths-based, and systemic interventions.

By utilizing these diverse strategies, Youth Guidance aims to address areas of greatest need on multiple levels – from individual students to entire classrooms and school-wide initiatives. Through this comprehensive and holistic approach, the counseling programs seek to foster positive emotional growth and academic success among students, ultimately contributing to healthier and more thriving school communities.

**YOUTH  
GUIDANCE**  
GUIDING KIDS TO BRIGHT FUTURES

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