

# Need Help With....

Tutoring?

One-on-One

Coping

Mentoring?

Healthy

Relationships?

Personal Responsibilities?

Communication

High Self-Esteem?

Anger Management?

## Become a student in

## The New Horizons Program

In the New Horizons Program, each student will discover and strengthen their abilities to make positive choices in life while learning about Positive Decision-Making Skills, Communication Skills, Anger Management Techniques, Coping Skills, Healthy Self-Esteem, Healthy vs. Unhealthy Relationships and Personal Responsibility within a 16 session curriculum.

Each student will meet with the Health and Wellness Specialist at least once per week in a small group setting. In addition to the curriculum, the prevention specialists offers tutoring services, one-on-one student visits and referrals to appropriate services should a student need or request it.

---

Health and Wellness Specialist Contact Information:

**Ms. Aramis Fain, MSW**

Phone: (850) 412-8900 Fax: (850) 922-4848 Email: [faina@leonschools.net](mailto:faina@leonschools.net)