



## About Rusinga Schools

Rusinga Schools are Christian day schools offering the British National Curriculum; with a strong commitment to academic excellence, a high level of discipline and Christian values.

Children are accepted from the age of two and are able to progress through our Kindergarten, Prep and Senior schools.

Rusinga produces well rounded, well grounded, individuals who are equipped to face every life stage as it comes.

### Contact

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Web: <http://www.rusinga.ac.ke/>

Facebook: "My Rusinga"



**RUSINGA SCHOOLS**  
**NAIROBI**  
P.O. Box 25088 – 00603  
Lavington, Nairobi.

## How to get help

Counseling is initiated in any of the following ways:

- Self-initiated – the client seeks out counselling by him/herself
- By referral – the client is either referred by his/her parent/guardian or teacher

### Confidentiality

Confidentiality is core to the counseling process. Every client is assured and has a right to confidentiality.

However, this agreement may be broken if: The client is a danger to him/herself, is a danger to others or is likely to cause damage to property.

\*Every client is informed of these limitations to confidentiality at the outset.



Counseling  
Department



## Welcome to the Counseling Department!

This is a safe space for Rusinga students to share openly and speak freely on whatever issue/matter they like!

Young people experience developmental changes that are unique to their age bracket as well as to each individual. As such, within the school environment, the department offers additional psychosocial support to the students as their first point of contact is their teachers and in-school mentors.

## Department Objectives

- To offer psychosocial support to the school community by way of counseling
- To pass relevant, helpful information to the school community through assembly sessions and via Facebook as a social media platform
- To liaise with those in direct contact with the students for purposes of ensuring that the service is availed to the students who need it
- To form networks that will enhance the quality of service given at the school

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*Counselling in and of itself is not a solution. Rather, it works in tandem with the client's work input (to effect the desired change) and, in this context, the parent's/care-giver's willingness to support the client in his/her process*

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## Service specifics

The counseling department offers:

- One-on-one counseling
- Group counselling/discussions/talks
- Referral for specialized intervention (with parental/guardian consent)

In addition to in-school support, the department has an extension of the service on Facebook via a school Facebook page named: "My Rusinga"

This platform is specifically for senior school students who are the maturer age-group and thus can and do navigate their way through social media.

The idea behind the service is for students who are shy, scared or simply too "cool" to outrightly seek help to write in (inbox) whenever they have an issue and receive some help in a quick and "painless" manner.