

Kowsar Jarma

Family Advocate

 kowsar.jarma@gmail.com

 (126) 798-6556

 1234 Oak Lane, Richmond, VA 23223

EDUCATION

Bachelor of Social Work in Family Advocacy at Virginia Commonwealth University, Richmond, VA

Sep 2018 - May 2022

Relevant Coursework: Child and Family Welfare, Crisis Intervention, Family Systems Theory, Human Behavior and Social Environment, Social Policy and Advocacy, Counseling Techniques, and Case Management in Family Services.

LINKS

[linkedin.com/in/kowsarjarma](https://www.linkedin.com/in/kowsarjarma)

SKILLS

Mediation

Counseling

Communication

Empathy

Problem-solving

Cultural Competence

Crisis Intervention

LANGUAGES

English

German

HOBBIES

Gardening

Scrapbooking

PROFILE

Results-oriented Family Advocate with 1 year of experience in providing comprehensive support to families in need. Adept at assessing individual family situations, developing action plans, and facilitating access to essential resources. Proficient in case management, crisis intervention, and collaborating with multidisciplinary teams to ensure holistic care. Demonstrated ability to establish trust and rapport with clients, effectively advocate for their needs, and foster positive outcomes. Committed to empowering families and promoting their well-being.

EMPLOYMENT HISTORY

● Family Advocate at Family Insight, VA

Mar 2023 - Present

- Successfully supported over 150 families in accessing essential resources and services, resulting in a 95% satisfaction rate among clients at Family Insight, VA.
- Implemented an effective case management system that streamlined the process of tracking and monitoring family progress, leading to a 30% increase in efficiency and improved outcomes for families served.
- Developed and facilitated 10+ workshops and training sessions for parents and caregivers, reaching over 200 participants and increasing their knowledge and skills in supporting their family members with special needs.

● Assistant Family Advocate at National Counseling Group, VA

Sep 2022 - Feb 2023

- Successfully managed a caseload of 50 families, providing comprehensive support and advocacy services, leading to a 90% success rate in meeting their individualized goals.
- Implemented a new communication strategy between families and service providers, resulting in a 30% increase in family engagement and participation in services.
- Coordinated and facilitated over 100 group sessions for families, focusing on topics such as parenting skills and stress management, which led to a 25% decrease in reported family conflicts.

CERTIFICATES

Certified Family Life Educator (CFLE)

Nov 2021

National Certified Counselor (NCC)

Jun 2020

MEMBERSHIPS

National Association of Family Advocates (NAFA)

Family Voices