

My Journey

Sarona Mathware, MD



I am Dr. Sarona Mathware, a practicing pediatric physician, I am a US permanent resident, a native of Botswana, and a mother to three exceptional children. Also, I am a resource for African students and their families to discuss overall health through counseling on physical and mental health, stress management, health care privacy laws, mental health counseling and resources to local professionals, avoidance of high-risk behaviors, including drugs, and assisting students to locate local African families or resources to promote their success in their journey in USA.

And where I cannot be of assistance, I will refer you to the relevant professional and even seek information on your behalf.

I have experience of being an African student in USA, as well as being a parent to a child coming to college in the USA while I am a continent away. Two of my children applied to college after graduating from Botswana high schools and I understand the challenges of picking a school when you have not even visited the campus, as was the case with my daughter.

I grew up in Botswana, Africa but have spent most of my adult life in the USA. As a practicing pediatrician I've had the privilege of living, studying, and practicing in seven US states, in addition to Botswana, Grenada, and a semester in Trinidad and Tobago.

However, since moving back to the United States I understand firsthand the challenges to international students coming into the college and wanted to be close to support my children. I have a passion for adolescent mental health and knew I had to be present for my children as they go through this difficult passage into college years.

I understand this is a privilege most families do not have, and I have seen a lot of college children struggling to access resources to help with the transition of being far from family. I have seen families stress over not knowing how to get their children help when they do not even know about the town the child is in.

This is when I decided to be open up my life experiences, as well as my professional experience, to help families and students, settle into the new environment and thrive.

I would be happy to discuss my own experiences or offer my insights to your group or organization. For speaking engagements, please contact me at:

CONTACT:

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Background Information: Board Certified Pediatrician in practice sine 2008, Graduate of St. Georges Medical School with MD degree, Residency in Pediatrics at Maimonides Infants and Children's Hospital, Brooklyn, NY