

Dear Parent or Guardian:

As a part of our school's counseling program, we offer small support group experiences. These groups meet once a week for six to eight weeks and are facilitated by a professional. They will begin February 22. **If your child indicates an interest in participating in one of these groups or you see a need and would like to sign them up, please sign and return the permission slip below.** Students are excused from class time but they are responsible for making up any work that they miss.


The priorities of these small groups are:

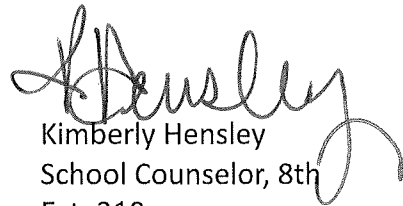
1. To enable students to cope with adolescent life
2. To enhance interpersonal skills
3. To provide information about healthy lifestyles

If you have any questions, feel free to contact your grade level counselor at 222-1451.

Sincerely,

  
Deana Burns  
School Counselor, 6th  
Ext. 304

  
Kyle Thomas  
School Counselor, 7th  
Ext. 317

  
Kimberly Hensley  
School Counselor, 8th  
Ext. 310

I give permission for my son/daughter, \_\_\_\_\_ to participate in  
Name & A/B day assignment  
the following group: **Please check only one group**

- Divorce       ADHD/Executive Functioning       Leadership       Family
- Self- Image/Self-Esteem       Academic Support       Grief/Loss
- Dealing with Anxiety/Stress       Anger Management
- Friendships/Relationships/Social skills       LGBTQ & Supportive Friends
- Conflict Resolution       Organization/Study Skills/Test Taking Strategies

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Grade

**\*\*RETURN TO Counseling office OFFICE BY February 12, 2021**

Over for Group Descriptions -->

## Counseling Support Group Descriptions

☐ Divorce; A group for students whose parents are divorced, in the process of divorcing or have RECENTLY divorced.

☐ Grief/Loss; A group for those who have suffered loss through death of a close family member. (mother, father, brother, sister or other, should be within the last couple of years...does not involve the death of a pet).

☐ Self-Image/Self-Esteem; A group for students who want to improve the way they perceive and feel about themselves.

☐ Conflict Resolution; A group for students who would like to learn how to successfully resolve conflict.

☐ Friendships/Relationships/Social; A group for students who want to learn how to interact appropriately and get along better with others.

☐ LGBTQ & Supportive Friends; A group for students who want to promote self-esteem and peer support.

☐ Academic Support; A group for students who need additional academic support.

☐ Family; A group for students whose parents are separated, incarcerated or missing. Also, for those living in a foster home or living with another relative.

☐ Anger Management; A group for students who would like to understand and better control anger.

☐ Anxiety and Stress; A group for students who would like to learn how to deal with worries and stress in everyday life.

☐ Organization/Study Skills/Test-taking Strategies; A group for students who would like to commit to getting more organized and improving studies.

☐ Leadership; A group for students who would like to learn more about being an effective leader, through communication and example.

☐ ADHD/Executive Functioning; A group for students who would like to learn more about their diagnosis & management.