

## Counseling Groups

It is time to start thinking about counseling groups. These specific topic groups will be held once a week, for 30 minutes and run for 6-8 weeks. Students can be referred to a group by a teacher, counselor, principal, self-referral or parent request. If your child wishes to be in a group or has been referred by a teacher, a permission slip will be sent home for you to sign. Groups will take place during school hours during the least disruptive instructional time.

Pending enough student interest, the following groups will be facilitated this year:

- Cool Cats (dealing with excessive worry and managing stress)
- Banana Splits (dealing with a divorce or separation)
- Shining Stars (self- esteem)
- Friends 'R Us (social skills and making friends)
- Good Grief (dealing with a loss of a loved one)
- Anger Busters (anger management)
- Top Of My Game (positive choices and self- management)

Please contact me if you would like your child to participate in any of these counseling groups or would like more information about how I can support your child at school.