

# Counselor's Corner



Dear Families,

As part of Laytonsville's developmental guidance program, students are invited to participate in small group counseling sessions. The groups typically consist of four to six students, and are open to all students. Teachers assist in the scheduling of the groups to minimize the amount of class time that is missed. Many groups meet during lunch or recess. Groups are a combination of discussion, activities and games. They are designed to help students develop specific skills. Groups meet for about 30 minutes a week for approximately eight weeks. Below is a description of the groups that will be offered at this time.

In addition to the groups listed below, I have often met with students who share a common concern, such as having a loved one who is seriously ill. If your child is faced with a difficult situation, but you don't see a group that describes it, please contact me so we can work together to support your child during these challenging times.

If you are interested in your child participating in a group, please return the registration form on the back of this letter. There are three forms for those who have more than one child. If you would like your child to be a part of more than one group, please list each group and together we will decide which group would most benefit your child at this time. **Please return all forms by Friday, October 5<sup>th</sup>**. I will notify you when your child joins a group. Please feel free to call me if you have any questions.

Sincerely,

*Cherie Ward*

Cherie Ward

School Counselor

(301) 840-7145

[Cherie S Ward@mcpsmd.org](mailto:Cherie_S_Ward@mcpsmd.org)

**Friendship Club**– Students learn and practice the skills necessary to start and maintain friendships.

**Study Buddies**– Students will strengthen skills for school success. Topics include listening, organization, homework tips, test taking tips and positive attitude.

**The All-Stars**– Students will begin to appreciate their individuality and strengths while improving their self-esteem.

**Banana Splits**- Students will express thoughts and feelings about their changing family situation. They will understand that divorce/separation is not their fault. Develop strategies to cope with their family change.

**Cool Cats**- Students will learn how to manage their anger and frustration in more appropriate ways.

**Good Grief Club**- Students will learn how to cope with the loss of a loved one.

**Social Butterflies**- Students will learn basic social skills that will help them interact more appropriately with peers and adults.

Small Group Registration Form

**(PLEASE RETURN TO MRS. WARD)**

Student Name \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_

Name of Small Group \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

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