



Small Group Counseling

All counseling groups are based off the students' needs and teacher/parent referral.

SOME GROUPS MAY NOT RUN IF THERE IS NOT A LARGE ENOUGH NEED!

*****Parent permission is required*****

Banana Splits/FISH (Families in Separate Houses): A group for students who have experienced or are experiencing a parental divorce or separation at home. This group allows students to normalize and share their feelings and know that they are not alone. Also, the students will learn more about what divorce means, their feelings about divorce, changes that can or have occurred in the family, their own personal strengths that they bring to the family, and comfort knowing that their feelings and emotions are similar to others kids their age.

Stress Busters: A group to help students develop strategies to reduce anxiety and learn about how one's thoughts affect one's emotional response. We will focus on helping students think positively and develop strategies to reduce anxiety. This growth-centered small group will consist of other students with similar needs, and will provide your child with an outlet to learn more about themselves while gaining support from others.

Cool Off: A group that will focus on expressing and managing anger in an effective and healthy way, allowing students the ability to "cool off". It is an opportunity to recognize physical and emotional responses to anger, explore thoughts/feelings and situations that lead to anger and develop strategies to manage anger in a positive manner.

Friendship: A group for students to learn appropriate skills for social interaction and help them develop skills to make and sustain healthy friendships in school. Some topics that will be covered are how to initiate conversation, resolving conflicts, understanding and respecting the feelings of others, self-advocating, understanding individual strengths and many more.

Heart Prints: A group for students who have experienced a loss of a family member, friend or somebody close to them. This grief group helps teach students about grief, to recognize and express feelings of sadness and grief, encourage open communication and help with skills to cope with the loss of someone close.

Focus Pocus: A group for students who struggle with impulse and self-control. In this group we will work with the Stop, Think, Act & Review method as well as the ZONES of Regulation. This is a group to help students work through impulse and self-control and learn skills on how to understand and review their actions as well as when to stop and think about them also. Foster Self-Regulation and Emotional Control.

**** Any questions, please contact Alexis Mele or Amy Moss ****

I am interested for my child, _____ to participate in

- Banana Splits / FISH (Family in Separate Houses).
- Stress Busters
- Cool Off
- Friendship
- Heart Prints
- Focus Pocus

Parents' Printed Name

Parent's Signature