



Group Counseling with Ms. Finley, School Counselor

In addition to individual counseling and classroom guidance, I meet with students in small groups. Small groups generally consist of 6-8 students. Groups meet thirty (30) minutes each week during lunch time for about 6-8 weeks. Group meetings provide the opportunity for students to share their thoughts and feelings as they develop strategies for coping positively with their individual situations.

*Following is a summary of each group. **If you are interested in having your child participate in one of the groups, please sign and return the attached permission slip AS SOON AS POSSIBLE.** Feel free to choose more than one group. Depending on the needs of students, some groups will begin in October and others will begin later in the school year. You will be informed as to when your child's group will meet.*

- **All About Me (Self Esteem)**
A group for students who could use a boost in their self-confidence and learn how to feel better about themselves. A place to learn ways to appreciate what makes them special and unique.
- **Banana Splits (Changing Families)**
A group for students whose parents are separated or divorced; opportunities for children to develop strategies for coping positively with family change.
- **BFF's (Friendship/Social Skills)**
For those students who are experiencing difficulty in social situations – making and keeping friends, controlling impulses and emotions and responding inappropriately to social cues.
- **R.E.L.A.X. "Just Chill" (Anger Management)**
A place for students to talk about what makes them angry, learn ways to cope with anger and control their temper.
- **Good Grief Club (Loss)**
Learn ways to cope with the loss of someone who has recently died or simply moved out of their lives. Students will have the opportunity to express their sadness regarding their loss and the feelings they are experiencing.

Small Group Participation

Attention: Ms. Finley, School Counselor

***I would like my child to participate in the following groups:
(Please choose no more than two at this time)***

- _____ ***All About Me (Self Esteem)***
- _____ ***Banana Splits (Changing Families)***
- _____ ***BFF's (Making Friends/Improving Social Skills)***
- _____ ***R.E.L.A.X. "Just Chill" (Managing Anger)***
- _____ ***Good Grief Club (Death/Loss/Absence)***

Child's Name: _____

Teacher: _____ ***Grade*** _____

Parent Signature _____ ***Date*** _____

Parent Phone # _____

Any food allergies/restrictions: _____

Comments:
