

Dear Parents:

The support groups listed below are available to your son/daughter. However, in order for a student to participate in one of these groups, it is necessary to have parental permission. Please indicate the group(s) you would like your son/daughter to participate in (if the student is interested) and sign the form at the bottom. Groups will be run by Middle School Guidance Counselors, Ms. Howard and Mrs. Robinson, and Student Assistance Liason. We encourage you to talk to your child about these opportunities.

\_\_\_\_\_ **Talk It Out (Peer Support)** – Sometimes problems can seem overwhelming. We can feel all alone when we deal with them, but you are not alone. Others experience many of the same frustrations and confusion that you do. This group allows you to share your problems and feelings with others and strategize methods for coping and dealing with the problems that many young people may face.

\_\_\_\_\_ **Concerned Others** – A group for individuals concerned about the alcohol and other drug use of a relative or close friend. Learn how to cope with another’s use and find out what you can do to keep yourself healthy.

\_\_\_\_\_ **Families in Transition** – It can be hard dealing with change in everyday living. How do you deal with changes at home? This group gives you a chance to talk with other students who are experiencing similar changes with ideas about how to cope.

\_\_\_\_\_ **Grief and Loss** – Dealing with the loss of a friend or family member can be very difficult. Sharing your thoughts and feelings with other young people who have also experienced a loss can be helpful. Grief and Loss group takes a look at coping skills and the stages of grief that everyone experiences.

\_\_\_\_\_ **Anger Management** – Do you have difficulty controlling you anger? Do the smallest events set you off? We all get angry but some of us have a difficult time dealing with that anger. This group will help you learn about effective ways to deal with angry feelings.

\_\_\_\_\_ **Circle of Friends** – Do you find yourself being mean or saying hurtful things to others only to regret it later? This group will help promote positive peer relations and communication skills

\_\_\_\_\_ **Girls Support Group** – GIRLS ONLY – Do you want to broaden the definition of beauty and womanhood beyond media messages? This group will help you learn to respect yourself and others and value others perceptions while holding on to your own voice.

\_\_\_\_\_ **I am not interested in participating in a group at this time.**

**Student’s Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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

Please return this completed form to the Middle School Guidance Office whether or not your child is interested in participating in a group at this time.

Support groups are held during a different class period each week so that students can maintain academic progress.