

### **Groups Offered:**

Small group counseling sessions are conducted based on student's needs and interests. A minimum number is needed for a group to be offered. Please contact the counselor for the designated age group for more information.

### **Groups Offered for Grades PreK-1st**

**H.O.P.E. (Helping Overcome Problems Effectively)** is a developmental group designed to teach students strategies to deal with a variety of issues that may be affecting them. The group will meet weekly for 6 weeks and cover topics such as self-esteem, identifying and managing stress, feelings, behavior, and making good choices.

**B.E.S.T. (Behavior Effects Success Today)** is a developmental group designed to improve behavior in the classroom. Topics include self-esteem, self-control, and examining behavior choices/consequences through the use of games and other activities. The group will meet weekly for 6 weeks with follow-up throughout the school year.

**Butterflies--** This support group is designed for students who have suffered a recent loss through death of a loved one, divorce, or separation. Students will learn about and identify feelings associated with loss. Coping skills will also be discussed. This group will meet weekly for 6 weeks.

**C.A.R.S. (Calming and Anxiety Reducing Strategies)** This support group is for students who are struggling with anxiety. Each session will focus on a different anxiety reducing strategy such as mindfulness, visualization, relaxation, thought stopping, positive self-talk, and the use of worry devices.

### **Groups Offered for Grades 2nd – 5th**

#### **Boys: Fantastic Friends**

This developmental group is designed to foster friendships, enhance team building, and strengthen social skills in a cohesive environment for 5 weeks. Meetings are once a week during Enrichment.

#### **Girls: Fantastic Friends**

This developmental group is designed to teach and model positive communication skills, strengthen self-esteem, and improve conflict resolution skills for 5 weeks. It is an opportunity for self-discovery and friendship. Meetings are once a week during Enrichment.

#### **Ninja Worriers**

This support group is designed to help students overcome anxious tendencies and worrisome thoughts for 5 weeks. Each session will focus on a different anxiety reducing strategy; such as, guided imagery, thought stopping, positive self-talk and the use of worry devices.

#### **The All-Stars**

This group is designed to help students who are performing low in core classes and/or just need extra reinforcement in the areas of organization and studying. This is accomplished by improving studying habits and refining test-taking skills for 5 weeks.

## **Groups Offered for Grades 6th – 8th**

### **Science Study Skills Group**

This group is open to students who receive a D or F in science. Students will meet once a week at recess to learn study skills that can help to improve their grade in science.

### **Let's Get Organized**

This group is offered for 6th – 8th grade students struggling with organization. In order to become better prepared for middle school and high school challenges we will work on topics such as; time management skills, study habits, planning abilities, and test taking tips.

### **Middle School Growth Group**

This support group is for 6th – 8th grade students who have recently suffered a loss through separation, divorce, or death of a loved one. The purpose of this group is to support each other and learn coping skills.

### **Got Worries?**

This support group is for 6th – 8th graders who are struggling with anxiety. Each session will focus on different anxiety reducing strategies such as visualization, relaxation, thought stopping, positive self-talk, and the use of worry devices.