

Groups Offered

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

Groups for Pre K, K and 1st grade

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

Fall:

Growth Group (Grades 2-5)

This eight session support group is for students who have suffered a loss through separation, divorce, death, and/or affected by the flood. Meetings are scheduled by grade level according to teacher preference.

The Fantastic Friends (Grades 2-4)

This four session boys group is designed to foster friendships, enhance team building, and strengthen social skills in a cohesive environment. Meetings are once a week during morning recess.

Spring:

Girl Power (Grades 2-4)

This six session girls group is designed to teach and model positive communication skills, healthy self-esteem, goal-setting, and conflict resolution skills. It is an opportunities for self-discovery and friendship. Meetings are scheduled by grade level according to teacher preference.

The All-Stars (Grades 4-5)

This six session 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.

The Jedi Mind (Grades 3-5)

This six session group is designed to help students overcome anxious tendencies/worrisome thoughts. 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.

Groups Offered for Grades 6th – 8th

Let's Get Organized

This group is offered for 6th – 8th grade students struggling with organization and study skills. 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.