

# Counselor Corner

Dear Parents,

As students make their way through not only adolescence but life, they face many challenges - peer relationships, divorce, grief... the list goes on and on. It is often helpful for students who share a common concern to meet together with the counselor to receive support through talking, learning and sharing.

In an effort to best meet the needs of our students who face these many issues, I will be hosting various groups in the upcoming school year with a specific focus. My aim is to help arm students with tools to more effectively deal with these challenges through such things as discussion, games, artwork and stories that encourage individual expression of feelings and teach positive coping skills. These groups would be no larger than eight to ten students and would meet weekly for 30 to 45 minutes during the school day for a span of six to eight weeks. Confidentiality of personal information is respected and participation is voluntary. As each group is developed, a permission slip and information about the specific group will be sent home.

Because the needs of every child vary, it would be helpful if you could provide information about groups that you feel might be beneficial for your child. Please mark the topics listed below that apply to your child.

- Divorce and Family Transitions
- Grief
- Understanding Substance Abuse
- Positive Peer Relationships
- Anger/Handling Conflict
- Anxiety
- Academic Motivation
- Self Esteem
- Dealing with Bullies
- Other: \_\_\_\_\_



**My student has permission to participate in the groups I've marked.**

Student: \_\_\_\_\_  
Grade: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

If you have any questions or concerns, please do not hesitate to contact me at any time.

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