



Each year, the Central High School Student Assistance Program offers groups and classes for students who may be facing a variety of problems, concerns, and stresses.

STUDENT SERVICES

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STUDENT ASSISTANCE PROGRAM

Groups: Held approximately once a week for 6 weeks

- **Anger Management** - This support group is for students who would like to learn how to manage their anger in appropriate ways.
- **Changing Families** - This support group is for students whose families have experienced, or are in the process of, separation or divorce.
- **Concerned Persons** - This support group is for students with someone in their lives whose alcohol or other drug use is causing a problem for them. This could be a family member or a friend.
- **Grief and Loss** - This support group is for students who have lost someone close to them to death, recently, or a long time ago.
- **L.G.B.T.Q. (Lesbian, Gay, Bisexual, Transgender and Questioning) Support Group** - This group provides support, assistance and advocacy for all students in a comfortable group environment. The group focuses on the unique and diverse issues surrounding the areas of sexual orientation and gender identity.
- **Use/Abuse** - This support group is for students who are using alcohol and/or other drugs and are open to learning

more about the effects it may be having on them physically and socially.

Classes: Held approximately once a week for 6 weeks

- **Healthy Mind & Body** - This supportive class is for students who want to learn how to make healthy life choices and develop a positive body image.
- **Relationships 101** - This supportive class is for students who would like to learn how to identify healthy and unhealthy characteristics of relationships and how to communicate effectively with others.
 - **Study Skills 101** - This supportive class is for students who want to learn how to develop academic supports, take effective notes, improve their memory skills and prepare for tests.

Groups and classes are voluntary and held during the school day during varied hours. Other topics and issues may be added throughout the year. Groups and classes must have at least 8 participants to run.