



STUDENT ASSISTANCE PROGRAM *ELEMENTARY GROUP DESCRIPTIONS*

Caron's Student Assistance Program offers a wide variety of support groups to help students learn to cope effectively with many common barriers to their success.



Our groups allow students to gain strength and understanding in a confidential setting from peers who share their struggles while also educating them with the tools necessary to thrive despite their challenges.

Anger Management

The purpose of this group is to empower elementary students to recognize signs of anger in their bodies and minds and use those cues to help them choose positive coping strategies.

Changing Families

When family dynamics change, children are often left with a multitude of confusing feelings. Through this group, students realize they are not alone in dealing with these changes and can learn tools for coping appropriately with their family stress.

Healing Hearts

In this group, students meet to gain support from peers experiencing similar feelings of grief or loss. Through a variety of methods, students can work through their own unique grieving process while being comforted by peers who can relate to what they're going through.

Stress Management

Students discuss sources of stress in their lives and gain peer and facilitator support in trying new, healthy methods for managing stress.

Resiliency Skills

Resilience is defined as one's ability to "bounce back" and effectively cope with difficulties in life. Students will be guided to adapt and cope when they face aversive events.

Responsibility

In this Ydgb, students will learn to take responsibility for their actions and choices. Students will learn about and reflect upon the importance of keeping commitments, telling the truth, choosing behaviors they can be proud of, accepting responsibility, not blaming others, put forth their best effort and fix their mistakes.

Kids of Promise (For Children Impacted by Family Addiction)

Children who are impacted by the substance use disorder of a loved one, are often difficult to identify but are desperately in need of support. This group provides educational activities as well as a safe environment for students to begin processing their thoughts and feelings with understanding peers.

Mindfulness

Mindfulness is the awareness of one's current emotional, physical, and mental state and environmental surroundings. In this group, students will learn to focus one's thoughts on present experiences rather than past events or thoughts of future tasks.

Social Skills-Building Assets

The purpose of this group is to empower students to engage in the identified social skills, to promote reduction of problem behaviors in the classroom, and to promote classroom success.

Strong Kids

Strong Kids is designed to help increase children's awareness of their social and emotional worlds and teach skills to manage both effectively while having fun and engaging in activities that support their academic, social and emotional learning.

Interested?

Contact your school counselor or
Student Assistance Program Specialist.



STUDENT ASSISTANCE PROGRAM **SECONDARY GROUP DESCRIPTIONS**

Caron's Student Assistance Program offers a wide variety of support groups to help students learn to cope effectively with many common barriers to their success.



Our programs allow students to gain strength and understanding in a confidential setting from peers who share their struggles while also educating them with the tools necessary to thrive despite their challenges.

Anger Management

Uncontrolled anger can wreak havoc on a student's life and those around them. In this group, students will be given opportunities to learn and practice new methods for dealing appropriately with feelings and expressions of anger.

Changing Families

When family dynamics change, children and teens are often left with a multitude of confusing feelings. Through this group, students realize they are not alone in dealing with these changes and can learn tools for coping appropriately with their family stress.

Grief and Loss

In this group, students meet to gain support from peers experiencing similar feelings of grief or loss. Through a variety of methods, students can work through their own unique grieving process while being comforted by peers who can relate to what they're going through.

Teen Issues

Relationship skills, self-empowerment, academic stress, peer concerns and general teen issues are topics covered in this group.

Resiliency Skills

In this group, students dealing with a multitude of different stresses and challenges will participate in sessions designed to foster resiliency skills including boosting optimism, building strong relationships, focusing on goals, becoming a problem solver and defining personal strengths.

Stress Management

Students discuss sources of stress in their lives and gain peer and facilitator support in trying new, healthy methods for managing stress.

Kids of Promise (For Children Impacted by Family Addiction)

Children who are impacted by the substance use disorder of a loved one, are often difficult to identify but are desperately in need of support. This group provides educational activities as well as a safe environment for students to begin processing their thoughts and feelings with understanding peers.

Mindfulness

Mindfulness is the awareness of one's current emotional, physical, and mental state and environmental surroundings. In this group, students will learn to focus one's thoughts on present experiences rather than past events or thoughts of future tasks.

CARE Together

Students using cannabis related products who want to quit or reduce their use will benefit from the education and support of their peers. This early intervention support group gives students the opportunity to learn about the impact of cannabis and develop strategies to address their use.

Project CONNECT®- Nicotine Cessation

Project CONNECT's main goal is to help students plan, prepare and develop skills that will help them find their own success through the quitting process. Students meet to discuss and work on topics such as, the health effects of nicotine use, goal-setting, decision-making, healthy lifestyle choices, resiliency, stress management and social skills.

Interested?

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Student Assistance Program Specialist.

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