

Supporting Parents of Students with School Attendance Difficulties

Parent/Caregiver Support Group

BSD's Mental Health Assistance Team (MHAT) will continue offering parent/caregiver support groups during the 2024-25 school year for families of students in **GRADES 4-9** struggling with school attendance due to underlying anxiety. This group is being offered **FREE OF CHARGE** to a select number of BSD families and utilizes interventions with strong evidence of effectiveness. A key benefit of this intervention is that it **DOESN'T** require student participation – a common barrier to improved outcomes.

This parent group will span 9 sessions and requires a minimum commitment of approximately 45 minutes per week reviewing recorded material along with a 60-minute live, hands-on session held virtually and/or in-person (historically on Tuesdays 12-1pm). All families will also be offered two or more individual sessions with a group facilitator in collaboration with their student's school team. All student caregivers are encouraged to participate. See tentative dates below:

FALL SESSION DATES*: 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26 & 12/3

WINTER SESSION DATES*: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/25, 3/4 & 3/11

SPRING SESSION DATES*: 3/25, 4/1, 4/15, 4/22, 4/29, 5/6, 5/12, 5/20 & 5/27

**Final session dates/time/location(s) TBA following review of group's availability via "group interest form" responses.*

Meet the Group Facilitators



Alyssa Symmes, EdM

School Refusal Consultant, BSD



Jared Taylor, PhD

Coord. of Behavior & Mental Health Services, BSD

Complete our group interest form via [THIS LINK](#) or QR Code below to be considered:



Please contact Alyssa Symmes at symmesa@bsd405.org with questions.