



## Small Group Counseling Opportunities

Counseling groups are offered at Silverbrook to provide additional support to students with common needs or concerns. The goal of small group counseling is to help students learn new skills, cope with an issue, and connect to other kids. Specific group topics are listed below.

Groups typically meet for 6 weeks for 45 minutes each week. Group size is usually 6-8 students. Students request groups specific to their interest, or parents may request that their child participate by contacting your child's school counselor. Parents are notified via a group information sheet that is sent home with your child when s/he begins a group. If you do not want your child to participate in small groups this school year, please notify us in writing.

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### Family Issues/Feelings Management:

♥ **K.I.M. [Kids In the Middle]** – Many families change due to separation, divorce, and remarriage. This group supports kids who have experienced these changes. We will discuss and learn about the good and not-so-good family happenings that put “Kids In the Middle”.

♥ **Stress Less** - Got stress? Kids do too!! Group members will learn how to identify stress at home, at school, and how it affects their bodies. They will learn many healthy ways to reduce stress.

♥ **Gone but Not Forgotten** - The death of a parent, sibling or grandparent is a difficult situation for children to understand. When someone we love dies, we experience a set of feelings called GRIEF. This group helps kids understand the grief process and learn special ways to remember the person who died.

♥ **Concerned Kids** – When families deal with addictions to illegal drugs or alcohol, all members of the family are affected. This group focuses on the safe and caring coping skills that will help support kids who are concerned about a family member who struggles with addiction.

### Self Esteem & Peer Relationships:

♥ **T.G.I.F. Thank Goodness I'm Female!! (5<sup>th</sup> grade) / Girls 4 Girls (6<sup>th</sup> grade)** – Friendships and “girl stuff” can make school more fun, but they can also create problems and challenges too. This group focuses on the positive energy of being a girl and celebrates who you are as a unique individual.

♥ **G.U.T.S. (Guys Unique Talents & Skills!)** – No girls allowed; this group is for boys only! We will learn about the ways boys are unique and some of the difficult situations that may be related to being a boy. This group will include cooperation challenges and teamwork activities.