

Group Counseling Sessions

Anxiety & Depression

Where: Room 152

When: Once a week

Fall semester

**Rotating class
periods**

- **Small Group**
- **Safe Space**
- **Coping Tools**
- **Problem Solving**
- **Relationship Skills**
- **Boundary Setting**



SCAN ME

**Parent/Guardian must fill out the informed consent form.
Please see your counselor for that form.
All forms must be turned in by 08/21/2026.**