

Student Center Group Services

The Student Center offers many different types of supportive, therapeutic groups throughout the school year. We'd like to give parents the opportunity to know a little bit more about these groups and hope you will enroll your child in the group(s) they feel might best support your child. Please initial next to the groups you feel might be most helpful. Issues discussed in any of our groups are confidential and are not shared except by written request/consent to another party including other school personnel.

- ❖ **RTR "Girl Power"**: Discusses the concepts of healthy and unhealthy relationships. Educates on topics such as prevention of Sexually Transmitted Infections (STI's), reducing the risk of pregnancy, and understanding consent and refusal skills. This group is for students *identifying as female*. Runs once per week.
- ❖ **"Kid's Cope"**: Discusses healthy coping skills and dealing with life's frustrating moments. Students gain confidence in managing their emotions, hopefully leading to a reduction in disciplinary action. Provides support for anger management skills building. Typically meets once per week.
- ❖ **"Journey's"**: This group addresses social skills issues or students having difficulty navigating social situations in school, with peers or in general. Students who fall under the Autism spectrum fit in well in this group. Shy and introverted students are also encouraged to come. Meets once per week.
- ❖ **"Teen 2 Teen"**: This Lesbian, Gay, Bisexual, and Transgendered group provides therapeutic support for any teen who is identifying on the LGBTQI spectrum or is unsure of how they identify. This group typically meets bi-weekly during school and offers teen to teen support discussing "coming out", relationships, dating, managing college concerns, and other topics.
- ❖ **"Grief and loss"** : Addressing the needs of students who are coping with the loss of a loved one which includes normalizing grief experiences by hearing from other teens, providing education and support, helping teens to understand the normal grief process, and engaging teens in grief related activities to facilitate conversation about the grief process. Meets roughly once per month.
- ❖ **"DBT"**: "Dialectical Behavioral Therapy". This group is designed to provide support to students who have a difficult time regulating their emotions, have intense, often unhealthy relationships, poor coping skills in the face of perceived/real rejection and may engage in risky behaviors.
- ❖ **Other**: Please describe a group you think your student could benefit from. We consider running a group when we have sufficient interest. _____

Student Name: (please print) _____

Grade: _____

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