

Dear OAHS Students and Parents,

Listed below are the names and descriptions of student support groups that may be offered by the School Counseling Department and the Student Assistance Team. These groups are an opportunity for students to meet with their peers who share the same interests/concerns and to learn new ways to cope with stressful situations. Most groups meet during the school day, at different times once a week. Students will be responsible to communicate with teachers about completing any work missed during that time. The groups will run at various times throughout the school year. If you feel that your child will benefit from a group at school, please check next to the group that will best support your student's needs.

Number your choices 1, 2, 3, in order of preference.

Bereavement: Have you experienced the death of someone important to you? Have you had difficulty coping with the death? This group focuses on topics concerning students who may be affected by someone who has passed away.

Caron Project Connect/Holcomb INDEPTH: An educational support group/youth nicotine cessation program. This is a supportive service designed to empower students with the tools necessary to make more positive choices. Discussions will include the impact of nicotine use on the body, teens developing brain, adolescent issues, choices related to substance use, self-esteem, stress management, resiliency, and goal-setting.

Changing Families: This group focuses on topics concerning students whose parents are separated or divorced and/or those in blending families.

Concerned Others Group: This group will help students learn coping skills to deal with family or friends struggling with addiction

New Students: Transferring to a new school or starting a new school year can be challenging for students. The major focus will be to provide supports for the transition to OAHS in a welcoming and peer supported environment.

Safe Dates: This group raises awareness of what constitutes healthy and abusive dating relationships and friendships. Teaches identification of causes and consequences of dating abuse; equip students with the skills to develop healthy dating relationships and friendships, including positive communication, anger management, and conflict resolution.

Say It Straight: This group focuses on empowering communication skills and behaviors, increases self-awareness, self-efficacy, personal, social responsibility, and positive relationships. Through role playing and discussion students learn how to respectfully express themselves. This group will help you discover healthier ways to handle your anger and interact with others.

Self Esteem: This group is designed to have students look at themselves and evaluate their strengths and needs. This group will help support students struggling with self- acceptance.

Stress Management/Coping Skills: This group is designed for students who have a need to manage their lives more efficiently to maintain a healthy degree of emotional and physical well-being.

Study Skills/Homework Help: This is an ongoing group that meets **after school on Mondays in the school library**. A focus of this program is on building a foundation of study skills. Topics and tips shared are time management, previewing material, notetaking from reading or lecture, and study strategies.

Other Group Needed not listed here: _____

Please sign this form and return to your Homeroom Teacher or the School Counseling office. All information will be kept strictly confidential! If you feel your child needs attention sooner or have questions, please contact the School Counselors at 610-932-6646.

*Please note your child may not be assigned to a group immediately. Groups will run based on student interest. Some groups will involve outside agencies and School Counseling Interns as facilitators.

Student's name: _____ Grade/HR Teacher: _____

Student's signature: _____ Email: _____

Parent's signature: _____ Date: _____