

COUNSELING GROUPS

23 24



STRETCHING SKILLS

THIS WILL BE A SMALL GROUP FOCUSED ON IMPROVING OUR SKILLS IN SEVERAL AREAS INCLUDING EMOTIONAL REGULATION, CONFLICT RESOLUTION, AND COMMUNICATION SKILLS. WE WILL ALSO ADD IN SOME BASIC YOGA POSES AND STRETCHES THAT HELP US DEAL WITH STRESS AND TENSION.



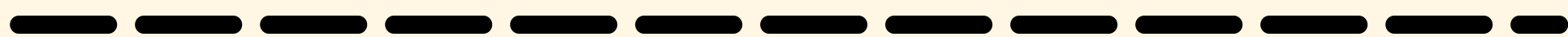
DECISION MAKING

IN THIS GROUP WE WILL TEACH, SUPPORT, AND REINFORCE THE DEVELOPMENT OF FUNDAMENTAL DECISION-MAKING AND PROBLEM-SOLVING SKILLS. STUDENTS WHO ARE EFFECTIVE AT PROBLEM SOLVING AND DECISION MAKING TEND TO EXPERIENCE FEWER PROBLEM BEHAVIORS, AND IN TURN EXPERIENCE MORE POSITIVE BEHAVIOR, AND GOOD MENTAL HEALTH THAT ALLOWS THEM TO COPE IN MANY DIFFERENT SITUATIONS.



SELF-ESTEEM

THE GROUP WILL BE FOCUSED ON BUILDING SELF ESTEEM AND CONFIDENCE. WHEN STUDENTS FEEL MORE SECURE ABOUT THEMSELVES IT LEADS TO BETTER DECISION MAKING, HEALTHIER RELATIONSHIPS WITH PEERS, AND AN OVERALL BETTER SCHOOL EXPERIENCE. THIS WILL BE AN ACTIVITY BASED GROUP.



To sign up for a group, scan the QR code

