

Truman Middle School Counseling Services Department

Dear Parent(s)/ Guardian(s),

As a part of our counseling program we offer small group counseling to students during the school year. Students are referred to our program by parent's request, teacher/administration suggestion or social worker/counselor selection. For students to participate in group we must have parent/guardian permission. Please note that permission status can be changed at parent request.

In group counseling sessions students are placed with 3-6 other students with similar goals. Group is beneficial as students hear from and learn from peers. Group sessions allow students to know that they are not alone in the things they experience.

Our group sessions are primarily run by Ms. Stacia Barrett, Licensed Clinical Social Worker. Groups will normally meet once a week for 30-45 minutes. These counseling groups will be held during the normal school day. The groups will meet for 4 sessions. **You will be contacted prior to your student being placed in a small group.**

Group topics are listed below, if you believe that your student could benefit from a listed topic, please check the box next to the topic.

- | | | |
|---|--|--|
| <input type="checkbox"/> Anger Management | <input type="checkbox"/> Making Friends | <input type="checkbox"/> Social Skills |
| <input type="checkbox"/> Respect for Others | <input type="checkbox"/> Motivation to succeed | <input type="checkbox"/> Self-Esteem |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Anxiety | <input type="checkbox"/> Grief/ loss |
| <input type="checkbox"/> Behavior | <input type="checkbox"/> Struggling Academically | |
| <input type="checkbox"/> Other _____ | | |

Student: _____

Yes, my child may participate in group counseling

Parent Signature

No, my child may not participate in group counseling

Parent Signature

Parent name (please print) _____ Today's Date _____