

## **COUNSELING GROUP OPPORTUNITIES FOR MIDDLE SCHOOL STUDENTS**



Parents/Guardians,

Millennium Middle School offers a variety of support groups throughout the year to help meet the various needs of our students. Support groups offer students an opportunity to share and discuss issues openly with peers who often have similar concerns and life experiences. Student groups are designed to be supportive, short-term, and developmental.

Groups are small, confidential, and facilitated by a school counselor. The groups meet no more than once a week during the school day. Each group meets approximately four to six times. Meeting times rotate to ensure that students do not consistently miss the same class period. Students are responsible for any missed work.

Please print and fill out the permission form if you are interested in having your child participate in a group. If circumstances change during the school year and parents would like to enroll their child in a group, please let us know.

**Groups will be offered during the school year based on need and demand.**

Please feel free to contact the counselors at Millennium Middle School if you have any questions or concerns.

**Diane Bardsley (A-L):** [bardsleyd@slcs.us](mailto:bardsleyd@slcs.us) or (248) 573-8213

**Jason Gilders (M-Z):** [gildersj@slcs.us](mailto:gildersj@slcs.us) or (248) 573-8198

If circumstances change during the school year and parents would like to enroll their child in a group, please let us know.

## Counseling Group Descriptions

1. **6th Grade Friendship Group** This group assists 6th grade students with basic friendship skills such as making new friends, maintaining friendships, understanding the qualities of a good friend, and accepting changes in friendships. Students will explore how to build healthy relationships with their peers.
2. **Changing Families Group** This group is for students whose families have experienced divorce, separation, or remarriage. Students have the opportunity to explore and discuss these changes with other students who have shared a similar experience.
3. **Girls' Group** This group will include students who would like help with self-esteem building and decision making skills. We will be discussing ways to improve self-worth and skills to make positive choices. This group also discusses how to deal with stress and anxiety.
4. **Grief Group** This group is for students who have experienced the loss of a close family member or friend.
5. **Guys' Group** This group will explore issues and situations that male students may encounter in middle school. Possible topics may include academic success, anxiety, conflict management, friendship, peer pressure, self-esteem, and stress. Students will participate in icebreaker and team building activities. They will also explore problem solving skills and making positive choices.

**Please Note:** Groups will be conducted based on need and demand. Groups may be conducted during 1<sup>st</sup> or 2<sup>nd</sup> semester.

# MILLENNIUM MIDDLE SCHOOL COUNSELING GROUP PERMISSION FORM



Listed below are possible group offerings for this school year. **If you would like your child to be eligible to participate in a group(s) complete the following form and return it to the 6th Grade office.** Descriptions of each group are found on the previous page.

**Circle the group(s) that you would like your child to be eligible to participate in:**

1. 6th Grade Friendship Group
2. Changing Families Group
3. Girls' Group
4. Grief Group
5. Guys' Group

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**Sign and Date Below**

*I give my child permission to participate in groups at **Millennium Middle School.***

Student Name: \_\_\_\_\_ Grade \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_