

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 once a week during the school day for approximately four to six weeks. 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: bardsleyd@slcs.us or (248) 573-8213

Jason Gilders: gildersj@slcs.us or (248) 573-8198

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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 appropriate ways to handle issues that male middle school students face such as conflict, stress, social and peer pressure. Students will also discuss problem solving skills and making positive choices.

Please Note: Groups will be conducted based on need and demand. Groups may be conducted during 1st or 2nd 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

Sign and Date Below

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

Student Name: _____ Grade _____

Parent Signature: _____ Date _____