

Dear Parent or Guardian:

We would like to provide an opportunity for your student to participate in small group counseling through our Student Assistance program. Caron's Student Assistance Program offers a wide variety of support groups to help students learn to cope effectively with many common barriers to their success. Their programs allow students to gain strength and understanding in a confidential setting from peers who share their struggles while also educating them with the tools necessary to thrive despite their challenges. Groups typically run one class period per week for eight sessions and are facilitated by a trained Student Assistance Program Specialist from Caron Treatment Centers. Potential group topics include:

Anger Management

Uncontrolled anger can wreak havoc on a student's life and those around them. In this group, students will be given opportunities to learn and practice new methods for dealing appropriately with feelings and expressions of anger.

Grief and Loss

In this group, students meet to gain support from peers experiencing similar feelings of grief or loss as a result of the death of a friend or loved one. Through a variety of methods, students can work through their own unique grieving process while being comforted by peers who can relate to what they're going through.

Resiliency Skills

In this group, students dealing with a multitude of different stresses and challenges will participate in sessions designed to foster resiliency skills including boosting optimism, building strong relationships, focusing on goals, becoming a problem solver and defining personal strengths.

If any of these groups seem like a good fit for your child/student, please complete the following [permission form](#), return it to the West main office and someone will contact you.

This group is being offered to all three grades. The group will meet approximately one time every week. Students will discuss specific topics based on what their need is. All three will not necessarily be offered at the same time or at all if there are not enough students signed up.

If you have any questions/concerns, please contact your child's counselor - Mr. Werley (Last Name Letters A-L) WerMat@wilsonsd.org or Mrs. Allred (Last Name Letters M-Z) AllJes@wilsonsd.org.