

☺ **GROUPS IN GUIDANCE** ☺

Participation in a small group can be a wonderful opportunity for children to work together to enhance skills and work through problems. The following groups will be offered *throughout* the year based upon need. Additional groups may be added. The groups that run during the first round of groups will be those with the greatest interest and need. If you feel your child would benefit from any of the following group offerings, *please complete the permission form below and return it to your child's classroom teacher.* All groups will be held during non-instructional time, will meet approximately once a week, and will run for 6-8 weeks. For more information, please feel free to contact Laura McGrath, School Counselor at (610) 889-1978 x 61109 or by e-mail: [lmcgrath@gvsd.org](mailto:lmcgrath@gvsd.org).

1. **PALS:** (Grades 1-3) – **Practical Approach to Living Skills** – this group will focus on many necessary life skills including, but not limited to, skills needed to make and keep friends, problem solve, and handle conflict situations in a positive way.
  
2. **Stress-Busters:** (Grades 1-3) – Open to Grades 1-3, but grouped by age. Stress is a part of life whether it comes from a positive or negative source. Some children benefit from enhancing their skills in the area of stress management (including anger management and anxiety). This group will examine what stress is, what it feels like, what causes it, and most importantly: positive strategies for managing stress.
  
3. **Banana Splits:** (Grades 1-5) – Open to Grades 1-5, but grouped by age. This group offers support to those children who have experienced or are experiencing a change in family situation due to separation or divorce. The opportunity to relate to others who are experiencing similar changes can be helpful as they together work on strategies to positively cope with the changes in their lives.
  
4. **Girls' Group** (Grades 4-5) This group is open to any 4<sup>th</sup> or 5<sup>th</sup> grade girl for purposes of discussing issues related to friendship, problem-solving, decision making, managing stress, and/or other issues facing girls today. The individual group will help to determine the goals.  
**Guys' Group** (Grades 4-5) This groups is open to any 4<sup>th</sup> or 5<sup>th</sup> grade boy for purposes of discussing issues related to friendship, problem-solving, decision making, managing stress, and/or other issues facing boys today. The individual group will help to determine the goals.

**GUIDANCE GROUP PERMISSION FORM**

I give permission for my child, \_\_\_\_\_, to participate in the \_\_\_\_\_ small group guidance experience. My child is in \_\_\_\_\_ grade and his/her teacher is \_\_\_\_\_.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone Number