

Small Group Counseling

Throughout the year, I form small groups to address various student needs in the areas of academic development and/or personal/social development. Some possible small group topics include:

- Academic Success Group – This group is to help students improve their goal-setting, studying, and organizational skills. We also work on improving confidence and self-esteem. Referrals can come from teachers and/or parents.
- Friendship Skills Group – This group focuses on developing age-appropriate social skills to help with their ability to make and sustain friendships. Referrals can come from teachers and/or parents.
- Grief Group – This group is for students who have lost a close family member or loved one. A therapist from Hope West will co-facilitate this group with me and can provide additional outside support as needed. Referrals are welcome from parents for this group.
- Changing Family/Divorce Group – The purpose of this group is to offer support for students who have experienced a recent change in their family due to parental separation or divorce.
- Other small groups may be formed as needed.

For additional information about Small Groups or to refer your child for a specific group, email me at Julie.Schreiner@d51schools.org.

