

Dear Parents/Guardians,

We will be offering various support groups to students at LCC-1 Middle School. Students who have common concerns will meet with the counselor for a six to eight week period. Groups will be conducted during regular school hours for approximately 30 minutes.

Potential small groups include:

**Anger and Conflict Management Group:** This group is for students who have difficulty managing and expressing their anger in a positive way. Group members will have the opportunity to understand their body's response to anger and identify different techniques to deal with their anger. Students will have the opportunity to try out different techniques and support one another.

**School Success Group:** In this group, students will explore different ways to become more successful learners. Topics will include getting organized, goal setting, and developing better work and study habits.

**Girl's Group/Friendship Group:** The topics discussed in this group will be communication skills, making friends, getting along with others, how to deal with feelings in an appropriate way, and settling conflicts in a peaceful manner. The goal of this group is to help students feel part of the school community.

**Grief Group:** This group is for students who have experienced a death of a loved one. Students will be encouraged to ask questions, process their grief, and share their feelings with peers in similar situations. The greatest benefit this group provides is the support children feel from each other.

**Changing Families Group:** This group is for students who are dealing with parental divorce or separation. Students will gain the support from peers going through a similar situation and learn ways to deal with the emotions that come with those changes.

If you feel that your child would benefit from participating, please return the signed consent form below as soon as possible *Groups will be formed based on the amount of student need requests received. If your child is selected to participate in a group, Mrs. Ryals will contact you ahead of time.*

Heatherlee Ryals, Professional School Counselor  
LCC-1 Middle School  
660-584-6072 [ryalsh@huskers.k12.mo.us](mailto:ryalsh@huskers.k12.mo.us)

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Please sign up my child \_\_\_\_\_

to participate in \_\_\_\_\_ group.

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Parent Signature

Date