

***Groups are provided on an as needed basis, therefore not all groups may be active at all times nor may they be active at both campuses.**

Social Skills Group: Support students to make better choices, solve problems, and deal more effectively with their various relationships. Examples of topics that are covered include increasing self-esteem, enhancing coping skills, managing conflict in bullying and teasing situations, developing and maintaining friendships, and identifying and expressing feelings appropriately.

Anger Management Group: Help students identify anger as a normal, healthy emotion experienced by everyone. To identify triggers which usually provoke anger in the student and review the appropriate and inappropriate ways of dealing with it. To practice alternative appropriate ways of expressing anger which does not hurt anyone or anything.

New Student Group: Help students have a smooth transition to their new high school and to establish new friendships with students in their grade level

Boy's Group : To provide support, information, guidance and feedback for the male students dealing with a variety of issues.

Girl's Group: To provide support, information, guidance, and feedback for the female students dealing with a variety of issues. Participants will learn strategies to negotiate some of the challenging situations teenage girls face.

Students of Divorce: Provides support, information and coping skills for students whose parents are going through or have gone through a divorce.

Students of Alcoholics: The group offers support, understanding, and coping skills for students who live with alcoholism (or other substance use) currently in the family.

Grief and Loss Group: Teach basic concepts of death and grief and help students recognize, accept, and express feelings. Help students to learn to cope with feelings of grief through support and encouragement.