Daniel Memorial’s Full Service Site Presents:

**School Based Groups**



 Registration Form:

 Group Topic:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Last 4 digits of SS#:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student ID#:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Race:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Street Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Legal Guardian name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Permission: I give permission for my child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to participate in the

identified group above at school.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print name Signature

**Group Topics:**

Goals of Anger Management Group:

~ To learn about anger styles and to become aware of personal anger triggers.

~ To learn emotions that are often masked over as anger.

~ To learn what one has control over and how to cope with what one does not.

~ To learn strategies to cope with stress, frustration, and anger.

~ To learn and practice positive communication skills and problem solving strategies.

Goals of Stress Management Group:

~Understand how stress affects an individual’s health and well-being.

~Identify and understand what creates stress for each individual.

~Identify why each individual wants to reduce stress.

~Develop short and long term goals to reduce stress.

~Identify healthy outlets to release stress.

~Develop and utilize coping skills that effectively manage identified stress.

Goals of Grief Group:

~ Understand and identify stages of grief.

~ To learn emotions that are often associated with grief.

~ To work on remembering and saying good bye to loved ones.

~ To learn strategies to cope with and process feelings of grief.

~ To learn to express and communicate feelings of grief in a healthy appropriate way.

Goals of Social Skills Group:

~ Learning common social skills such as joining peers in play, sharing, taking turns, learning to loose, etc.

~ Learning social constructs such as personal space, hygiene, appropriate communication, non-verbal body language, etc.

~ Defining peer pressure and bullying and learning how both can hurt others.

~ To learn strategies to cope with bullying and peer pressure related issues.

~ To learn and practice positive communication skills and problem solving strategies with peers.

Goals of Organizational/Study Skills Group:

~ Learning time management techniques and learning the benefits of developing a daily routine.

~ Learning how to utilize aids such as calendars, clocks, planners to stay organized.

~ Learn the benefits of prioritizing homework and extra curricular activities.

~ To learn positive thinking and positive self talk to gain confidence in ability to complete work.

~ Discuss motivation, the role it plays in successful school work, and how to gain motivation.

Goals of Self Esteem Group:

~ To Elevate feelings of positive self esteem.

~ To increase social interaction, assertiveness, confidence in self, and positive thinking.

~ To build and verbalize a positive self image.

~ To increase positive social interactions and positive choices.

**\*\*Return to Ms. Clayton, in the Counseling Office, prior to your first counseling session.\*\***