Muhlenberg Elementary Center



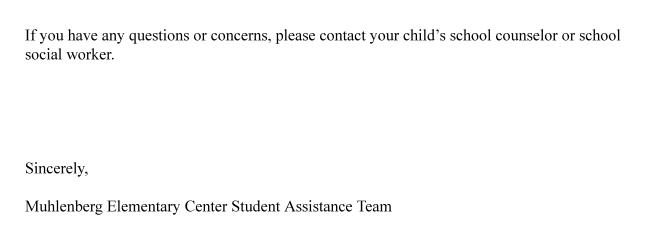
610 Sharp Ave • Reading, PA 19605 • Phone: 610-921-8028 • Fax: 610-921-7905

Educational/Support Groups Information

Dear Parents and Guardians,

In conjunction with our Student Assistance Program and Caron Treatment Centers, Muhlenberg Elementary School (MEC) offers a number of voluntary school-based **educational/support groups**. These groups give students the opportunity to learn skills that will help them deal with difficult issues in a positive way. The groups are facilitated by a member of MEC's Student Assistance Team, which seeks to eliminate barriers to student success. Groups meet during the school day for about 30-40 minutes per week for 5 to 8 weeks. Participants are required to make up missed class work, and they will be excused from a group session if they have a test or project scheduled during that time.

Please discuss with your child the groups available and complete the **parent permission form** on the **reverse** side of this letter **only if you are interested** in having your child participate. The form should be returned to your child's homeroom teacher. If you would like to provide any confidential information that would assist us in determining whether your child should participate in a group, you may write a note on the permission form and have your child bring it to the school counselor's office in a sealed envelope. **Parent permission does not guarantee a child placement in a group as the number of groups offered is limited and many students turn in permission forms.**



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Please check the group in which your child would like to participate. If your child is interested in more than



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ne group, please number t	them in order of preference (1 is	first choice, 2 is second choice, etc.)	
	– In this group students will be gi ately with feelings and expression	ven opportunities to learn and practice new methods s of anger.	
	– In this group, students discuss s n trying new, healthy methods for n	ources of stress in their lives and gain peer and managing stress.	
from divorce, remar	rriage, and other major family char ess, and meet other students who a	ey are not alone in dealing with the changes that compages. They will learn tools for coping appropriately are experiencing similar changes. (These changes do	
grief or loss as a res	ult of the death of a friend or love	upport from peers experiencing similar feelings of d one. They learn to work through their own unique can relate to what they're going through.	
Self Control - In this group, students learn about and reflect on the importance of keeping commitments, telling the truth, thinking about their actions, and choosing behaviors that they can be proud of. They also learn how to accept responsibility for their behaviors, how to not blame others, and other similar skills.			
	<u>Kids of Promise</u> - In this group, children who are impacted by substance use disorders gain support throughdational activities and a safe environment where students can begin to process their thoughts and feelings.		
They will learn frien	<u>Friendship</u> – In this group, students will be empowered to create positive relationships with their peers. They will learn friendship skills including taking turns, being a gracious winner, showing concern for others, resolving conflict, and activities that help to promote prosocial behavior.		
positive emotions o		ilt through participating in activities that promote skills that help to improve emotional and cognitive ons.	
	l boost optimism, build relationshi	different stresses and challenges will learn skills to ps, focus on goals, become a problem solver, and	
give my child permission	to participate in a group this s	chool year.	
udent Name (Please Print)	Homeroom Teacher	Parent/Guardian Signature	
lease provide any addition	nal information below that you fo	eel would help in determining whether your child	

is a good candidate for the group(s) you indicated.