

# 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.**

If you have any questions or concerns, please contact your child's school counselor or school social worker.

Sincerely,

Muhlenberg Elementary Center Student Assistance Team

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**Please check the group in which your child would like to participate. If your child is interested in more than one group, please number them in order of preference (1 is first choice, 2 is second choice, etc.)**

- \_\_\_\_\_ Anger Management – In this group students will be given opportunities to learn and practice new methods for dealing appropriately with feelings and expressions of anger.
- \_\_\_\_\_ Stress Management – In this group, students discuss sources of stress in their lives and gain peer and facilitator support in trying new, healthy methods for managing stress.
- \_\_\_\_\_ Changing Families – In this group, students realize they are not alone in dealing with the changes that come from divorce, remarriage, and other major family changes. They will learn tools for coping appropriately with their family stress, and meet other students who are experiencing similar changes. (These changes do not have to be recent.)
- \_\_\_\_\_ Grief and Loss - In this group, students meet to gain support from peers experiencing similar feelings of grief or loss as a result of the death of a friend or loved one. They learn to work through their own unique grieving process while being comforted by peers who 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.
- \_\_\_\_\_ Kids of Promise - In this group, children who are impacted by substance use disorders gain support through educational activities and a safe environment where students can begin to process their thoughts and feelings.
- \_\_\_\_\_ Friendship – 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.
- \_\_\_\_\_ Mindfulness – In this group, mindfulness skills are built through participating in activities that promote positive emotions of self-acceptance. They also learn skills that help to improve emotional and cognitive awareness, as well as increase focus on present situations.
- \_\_\_\_\_ Resiliency Skills – In this group, students dealing with different stresses and challenges will learn skills to foster resiliency and boost optimism, build relationships, focus on goals, become a problem solver, and learn their own personal strengths.

*I give my child permission to participate in a group this school year.*

\_\_\_\_\_  
Student Name (Please Print)

\_\_\_\_\_  
Homeroom Teacher

\_\_\_\_\_  
Parent/Guardian Signature

**Please provide any additional information below that you feel would help in determining whether your child is a good candidate for the group(s) you indicated.**