

Small Group Guidance Opportunities

Small group guidance activities are offered on an as-needed basis throughout the school year. Groups typically meet 30 minutes once a week for 4-6 weeks, depending upon the student needs. They are scheduled during times that do not interfere with direct classroom instruction. The primary purpose of small group guidance is to provide support and coping strategies for common issues, while helping students understand that others share similar situations and concerns. The small group setting can provide a safe place to learn and practice new skills. Specific groups include:

- **New Student/Welcome Groups**
- **Changing Families Groups** These groups are designed to provide support/coping strategies for students who may be experiencing a significant family change due to divorce, separation, or death.
- **Friendship/Social Skills Groups** These groups provide opportunities for social interaction in a fun, low stress setting. These groups are appropriate for children who may have difficulty making new friends, as well as for children who may need some practice with specific social skills.

Groups may also be offered to address the following issues depending on need:

- Study Skills
- Anger/Frustration Management
- Stress/Anxiety Management