

## Care Groups

Care groups offer students a safe place at school to connect with and share their thoughts and feelings with other students who may be experiencing the same issues. Groups encourage students to analyze themselves and explore their situation while providing them with support and skills in handling circumstances they view as challenging.

Care Groups take place during school hours and last 30 to 40 minutes once a week. They run six to nine weeks, or if needed, for the duration of the school year. Care Groups are facilitated by the school counselor. Activities in a Care Group might include teaching skills, role play, paper-pencil activities, group discussion, games, books, and videos. Group members are asked to identify specific goals they wish to work on so the group experience will be meaningful to them. The group as a whole will also determine group goals to work on such as listening, building trust, having empathy, or being positive.

## Friendship Group



Sometimes children feel like they don't fit in with other children or they just don't know how to make friends on their own. Maybe making friends isn't the challenge for your child as much as keeping a friendship going. Friendship Care Group can provide a place to learn valuable skills and share with other students who have the same types of concerns.

### Topics addressed in the Friendship Group include:

- Feeling good about me
- My friendship characteristics
- Guidelines for making friends
- Behavior that hurts and helps
- Listening for feelings
- Peer pressure
- Making a friend

## Anger Control Group



Anger is a normal, healthy emotion, and all children experience anger at times. However, if your child has frequent outbursts and words such as

mean, pushy, and aggressive, describe your child's behavior, he or she may be struggling with anger. A Care Group can provide a place to share feelings of anger and learn helpful skills to control anger.

### Topics addressed in the Anger Control Group include:

- Identifying feelings underlying anger
- Empathizing with others' feelings
- Expressing anger appropriately
- Ways to diffuse anger
- Evaluating the situation
- Alternatives to anger and aggression



## Separation/Divorce and Loss Group



When families experience separation, divorce, or death of a loved one, children suffer loss. The child and other important people in his or her life may not realize that the child is grieving and maybe doesn't understand why he or she is feeling or behaving in a negative

way. A Care Group provides a support system where healing and growth may take place from the experience.

**Topics addressed in the Divorce/Family Separation Group include:**

Identifying/Expressing feelings  
Life with Mom/Life with Dad  
Life with different families  
Fear of abandonment  
Handling embarrassment  
Hopes of reconciliation  
Self blame  
Maternal/Paternal blame  
Dealing with feelings of grief/loss  
Life goes on

**Topics addressed in the Death/Loss Group include:**

Identifying and expressing feelings  
Death is a part of living  
Cause of death  
Self blame  
Accepting the reality of loss  
Understanding the grieving process  
Identifying a support system  
Sharing memories  
Healing takes time

**If you would like more information about Care Groups or other counseling services please contact:  
Karen Stephens, School Counselor  
Orchard Center  
922-5473**

# *Orchard Center Elementary*

**Invites your child to participate in...**

# *Care Groups*

