



Sunset Counseling

Skill Groups



*Groups meet once a week for 45 minutes during the school day in the Counseling Center.

*Groups meet for 10-12 weeks, depending upon group dynamics.

Friendship Group:

Students who have difficulty making and keeping friends.

Assertiveness:

Students who need to develop stronger assertiveness skills.
Students who are shy, reserved and have difficulty advocating for themselves.

Stress Management:

Students who are experiencing anxiety at home or school.

Self-Esteem:

Students who make poor choices based on their low self esteem.

Loss:

Students who have experienced the death of someone they cared for. This may be a death from years past or a recent loss.

Divorce:

Students who are dealing with divorce or separation in their family. This may be recent or from years past.

Choices:

Students who have a difficult time making choices. Students who need more awareness regarding their behavior, consequences and empathy.

Self-Regulation:

Students who have difficulty managing or identifying their emotions or have a low frustration level.

Salvaging Sisterhood:

Designed for pre-teen girls. We will discuss girl issues including communication, friendship issues, peer pressure, and resiliency.