



SUPPORT GROUPS

Supporting the RB Experience

Spring 2021

Ninth Grade Support Group

The transition to high school group will welcome freshmen students to campus. This group will focus on strategies to help assist with academics, self-care, social emotional wellbeing, campus supports, stress, goal setting, etc. The main focus is helping students navigate ninth grade here at RB. The group will meet on campus once each week for five weeks.

Reconnecting & Wellness Support Group

Broncos, it's wonderful seeing you back on campus! The past year has been quite difficult, all of us have experienced various challenges that impacted and shaped our wellness. Mr. Hunt, RBHS Counselor, would like to help and is excited to host a support group focused on reconnecting, stress management, academic performance, and the importance of wellness. The group is open to all students, virtual or in-person, who will benefit from connecting with peers under the guidance of an RBHS Counselor in a confidential and safe environment.

Anxiety Support Group

This group is focused on increasing the wellness and success for our students struggling with Anxiety. Topics will include depression, self-esteem, mindfulness, resiliency, and more.

Boys Support Group

General support for males. Possible subjects could vary depending on student needs but will probably include the following topics: healthy relationships, healthy choices, divorce, wellness, personal struggle, resiliency, self-esteem

Girls Support Group

General support for females. This group will vary depending on the needs of students but will likely include the following topics: the decision making process, healthy relationships with families/peers (including dating violence) and self, stress and anxiety, self-esteem

Healthy Relationships Support Group

Support group for females looking to learn about different types of healthy relationships. Time will also be spent learning to identify when a relationship may be unhealthy. Topics will include the following: relationship with self, family, friends, adults and dating.

Grief Support Group

The purpose of this group is to process and support students who have experienced a great loss of a loved one. Death affects us in every aspect of our lives. When grief is compounded by all the change that has happened in the past year, it makes it difficult to focus on anything. Students will have the opportunity to share their experiences and be led through the stages of grief.

LGBTQ+ (not offered this term)

This group will focus on issues that our LGBTQIA+ students face including but not limited to the following: building self-esteem, discrimination, tolerance, suicide, depression, anxiety, and I also plan on bringing in different speakers from the community as well (therapists, advocates, etc.). *I ask that if you refer a student, please include whether it is ok to tell them that you recommended them.