



Small Group Counseling

Small group counseling is needs based and usually meets weekly for 30 minute sessions. Friendship, Family Changes and Emotional Regulation groups are the most common type of groups at the K-5 level. Group members have an opportunity to learn from each other by sharing ideas and giving and receiving feedback from others. The group goals are accomplished through art, discussions, role-playing, books, paperwork and therapeutic games. Participation, which is voluntary and confidential, requires permission from a parent or guardian. Referrals for small groups can be made by parents and school personnel. Classroom teachers are consulted regarding scheduling that is least disruptive to the learning environment.

Groups typically begin in early November with permission obtained during September and October. Students may join the group anytime during the year depending on space available.

Parents/Guardians and teachers are consulted for collaboration in setting individual goals for the student. Progress is monitored by the school staff, parents and counselor periodically throughout the year. Parent input is vital to this process and frequent contact is desired.

Parents may keep informed of the sessions through the Small Groups Updates page.