



Guidance Groups



The following is a list of groups that will be offered this school year. If you are interested please write your name on the bottom and check the groups that you would like to participate in. This form should be returned to your guidance counselor.

___ **Changing Families:** Families of divorce/separation.

___ **Lunch Bunch:** Meets during lunch to talk about different grade level issues.

___ **Friendship:** Learn ways to make, keep, and strengthen friendships.

___ **Stress Management:** Learn how to reduce stress in your life.

___ **Anger Management:** Learn how to cope with feelings of anger and make good decisions when angry.

___ **Study Buddy:** Learn new strategies for study habits, organization and time management.

I would like to join a group about:

Name: _____ Homeroom: _____