

Begins: September 4th
Time: 3:45 PM – 4:35 PM
Location: Room 145

mcrouch@theschoolcounseling.edu



YOU DON'T HAVE TO GO THROUGH THIS ALONE.

Connect. Learn. Grow Together.

WHY JOIN THIS GROUP?

- Connect with students who understand what you're going through.
- Learn healthy ways to manage school and family stress.
- Build confidence and coping skills.
- Improve organization while balancing two households.
- Discover that you are not alone.

WHAT TO EXPECT

- Fun, interactive games and activities
- A safe and supportive environment
- Strategies to reduce stress and anxiety
- Practical tools for school and home
- Respect, confidentiality, and encouragement

SMALL GROUP COUNSELING

For High School Students Experiencing Parental Divorce or Separation

Who: Students in Grades 9-12

When: Once a week for 6 weeks

Length: 45-50 minutes

Where: School Counseling Office

Cost: Free



Interested?

Talk with your school counselor to learn more or ask about joining the group.

