

# Lehman Intermediate School

## Student Support Groups

The *Student Assistance Program (SAP)* would like to provide students with the opportunity to meet with a group leader and other students in a small group setting to discuss concerns and challenges they are facing in their lives. These groups are designed to assist students in being the best they can be academically, socially, and behaviorally in a safe, friendly, and confidential environment. Groups meet one period per week for eight (8) sessions and the periods rotate when the groups meet so that students are not always missing the same class. Students attending group sessions are responsible for making up all missed work and notes for their classes.

If you are interested in joining one of the groups listed below, please indicate your preferences in the order of interest, with a '1' to indicate your 1<sup>st</sup> choice, a '2' to indicate your 2<sup>nd</sup> choice, and a 3 to indicate your 3<sup>rd</sup> choice, and then return the form to your homeroom teacher. Participation in these support groups is optional and all discussions within the groups are confidential. If you do not wish to join a group, just put an 'x' on the last option to indicate that you are not interested at this time.

### Support Groups Available

\_\_\_\_\_ **Normal but Bumpy Group:** A self-help group for students who have been experiencing stress in their lives due to peer, family, and/or personal problems.

\_\_\_\_\_ **Insight Group:** A group for students who would like to learn more about how to resist trying or using drugs and/or alcohol.

\_\_\_\_\_ **Children of Alcoholics (COA) Group:** A group for students who may have a family member with a drug and/or alcohol problem.

\_\_\_\_\_ **Grief Group:** A group for students who have had a significant loss due to the death of a family member or close friend.

\_\_\_\_\_ **Anger Management Group:** A group for students who need some assistance in managing their emotions.

\_\_\_\_\_ **Relationship Group:** A group for students who need guidance developing and maintaining healthy relationships with others.

\_\_\_\_\_ **The Blue (Wo)Man Group:** A group for students struggling with anxiety and/or depression.

\_\_\_\_\_ **True Colors Group:** A group for students dealing with issues related to sexual identity.

\_\_\_\_\_ I AM NOT INTERESTED AT THIS TIME

Name \_\_\_\_\_

Grade \_\_\_\_\_ Team \_\_\_\_\_ Homeroom \_\_\_\_\_