

SMALL GROUP COUNSELING FOR ELEMENTARY STUDENTS

C.A.T Group (Changes And Transitions)

The C.A.T. Group is for students, typically in Grades 2-5, who have either entered the Titusville Area School district or have transferred elementary school buildings. C.A.T. will provide students with an opportunity to talk about the feelings and thoughts they are having as they make the change to their new school. We will use both fun activities and discussion time during C.A.T. The group will meet one day each week during school for approximately 30 minutes, and will run for a four-week session.



S.M.I.L.E.S. Group (Students Making Improvements Learning Everyday Skills)

The S.M.I.L.E.S. Group will address family changes and feelings regarding different types of separation/transition issues. Family changes could be the result of separation, divorce, deployment, incarceration, significant illness, or death. Coping skills will be taught for assistance with adjusting to these changes. The group will meet once per week during the school day for approximately 30 minutes, and will run for an eight-week session.



Best Behavior Group

The focus of the Best Behavior Group (typically held for grades 1-2) is on following school rules and directions, behavior management, and social skills. A variety of materials and activities will be used to reinforce the school rules. The group will meet once per week during the school day for approximately 30 minutes, and will run for a six-week session.



Study Stars Group

The Study Stars Group will support upper elementary students in the academic areas of study skills, organizational skills, and forming positive work habits. During the sessions we will use different worksheets and activities to enhance these skill areas. The group will meet once per week during the school day for approximately 30 minutes, and will run for a four-week session.



Super Self Group

The Super Self Group incorporates self-esteem and esteem-building activities. During the sessions we will use different worksheets, crafts, and activities to enhance each child's self-concept. The group will help the children to identify their strengths and positive qualities, as well as encourage healthy social skills and communication. The group will meet once per week during the school day for approximately 30 minutes, and will run for a six-week session.

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S.T.E.P.S. Group (Shaping & Teaching Everyday ProSocial Skills)

S.T.E.P.S. Group sessions will address verbal and non-verbal communication, forming and maintaining friendships, decision-making, impulse control, and other social skills. The group will meet once per week during the school day for approximately 30 minutes, and will run for a six-week session.



Girl P.O.W.E.R. Group (Providing Others With Equal Respect)

Using a variety of resources and activities, Girl P.O.W.E.R. group sessions will focus on assisting young girls with identifying and expressing feelings, creating positive peer relations, encouraging acceptance and friendship, conflict resolution, and social/communication skills. The group will meet once per week during the school day for approximately 30 minutes, and will run for a six-week session.



In Control Group

The In Control Group will assist students with identifying and expressing their emotions, anger management, decision-making, impulse control, and communication skills. A variety of activities, worksheets, and discussion will reinforce the subject matter. The group will meet once per week during the school day for approximately 30 minutes, and will run for a six-week session.



C.O.P.E. Group (Creating Opportunities for Positive Empowerment)

The C.O.P.E. will address identifying, expressing, and managing emotions, stress management, communication skills, and leadership skills. The group will encourage classroom leaders and successful students. Each week's session will use worksheets, activities, games, and discussion to highlight the subject matter. The group will meet once per week during the school day for approximately 30 minutes, and will run for a six-week session.

*All group sessions are coordinated through The Elementary Student Assistance Program.
To make a referral for group participation, you may fill out a group referral form
or contact the ESAP Coordinator assigned to your child's grade level.*