

Christ the King Changing Families Group

The Changing Families Group is for students in the 3rd and 4th grade at Christ the King, whose family is currently, or has already experienced, a separation or divorce in their immediate family. The Changing Families Group will meet once a week, for about 6-8 weeks, during a set time of the school day for about 30-45 minutes. **The goal of the Changing Families Group is to provide the students with the opportunity to interact with other students whose families have also experienced separation and/or divorce, and to learn ways of coping with the normal developmental concerns faced each day in families with divorce or separation.** The students will also become aware that they are not the only students in the building dealing with this family issue.

This letter is being sent home to all 3rd and 4th grade students. If you think this group is something that your child would benefit from just fill in the information on the next page and have your child return this slip to his/her teacher, or place it in my mailbox in the main office. If you would like this information to be kept more confidential, you can also email me your child's information at shower@cktoledo.org. Once the student returns his/her permission slip, a group will be formed as soon as possible. Students will then receive a group invitation stating the day and time of their group. Students will also receive weekly reminders, via an email their teacher, to help them remember each week about their group meeting. I would like to keep this group small (6-8 children). If there are more students signed up, I will run multiple groups throughout the rest of the school year.

I strive to provide children with a safe environment to share their concerns and to learn new skills. *Please note that school counseling groups exist to offer support and ideas to help students be successful at school. Meeting with the school counselor does not take the place of therapy. If you feel that your child could benefit from therapy outside of the school setting, or needs more attention than the school counselor can provide, I would be happy to provide you with a list of resources and outside agencies.

Thank you for the opportunity to work with you and your child.

Sara Hower
School Counselor
(419) 475-0909 ext. 214

Christ the King Changing Families Group

Child's Name _____ Child's Teacher: _____

Parent's Name(s) _____ Phone Number: _____

1. What would you like your child to gain by participating in this group? What is your goal for him/her?

2. Any other information about your student that you feel would assist me in working with him/her.

I give my son/daughter permission to participate in the *Changing Families* group at Christ the King School.

Parent Signature

____/____/____
Date