

February 2021

Dear Parents/Guardians:

There are many great benefits to groups designed to help children deal with anxiety and stress. This group is designed to include children of similar age, grade and/or skill level to provide a powerful learning experience. Structured exercises and activities will provide the children with a safe environment to explore new experiences. Sessions are carefully structured to provide maximum opportunity for interaction with support and guidance. Groups will be conducted once a week before school from 8:20-8:50 a.m. for six weeks. Please drop your child off by 8:15 a.m. in the front of the school where they will be greeted by one of us.

Benefits of participating in support groups for relieving anxiety and stress (may be COVID related) may include:

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improving your coping skills
- Talking openly and honestly about your feelings
- Reducing distress, stress, or anxiety
- Assurance on the safety precautions of our school in relation to COVID

**If you are interested in referring your child for this group please complete the form below and return it by March 8, 2021.**

If you have any questions or concerns please feel free to contact me at (201) 383-3143.

Thank you!

Deanna Nelsen-DeFalco

Amelia Akers

School Counselor

School Counselor Intern

Student name\_\_\_\_\_

Grade\_\_\_\_\_

Teacher\_\_\_\_\_

Date\_\_\_\_\_

Parent/Guardian\_\_\_\_\_