

Group Counseling

The following counseling groups will be administered periodically throughout the school year based on the needs of children at Westwood Elementary. All groups are conducted in an open, interactive environment where it is safe to share thoughts and feelings with others. Children get to participate in fun games and activities with a child focus.

Children abide by the code of confidentiality by keeping other's private information private. Each group devises their own agreed upon group rules. Children usually enjoy the small group setting and sharing with others.

Family Changes Group:

- Focuses on changes within the family structure such as a divorce, absence of a parent, new marriage, or family relocation.

Remembering Group:

- Focuses on dealing with emotions present when one loses a loved one. Also, positive ways to cope with loss will be explored.

Friendship Group:

- Focuses on building bonds between students by strengthening friendships.

Cooperation Group:

- Focuses on building social skills including to cooperation and getting along with others. Subjects addressed are sharing, taking turns, using kind words, and solving problems peacefully.

I Like Me Group:

- Focuses on building self-esteem by exploring children's skills and talents, while sharing them with others.