

## **Support Groups at Addison Trail**

**Girl's Group-** This group is for girls who have low self-esteem, boyfriend troubles, friendship troubles, troubles at home. We try to work on building self-esteem and healthy relationships.

**Spectrum-** Spectrum is a group for students who have lost a family member. Throughout the year, we cover specific stages of grief. In the months of November and December, we focus on getting through the holidays.

**Anxiety Group-** This group is for students who have suffer from anxiety which impact their ability to concentrate in school as well as their relationships with their family and friends. Students feel overwhelmed in a number of different situations and the stress affects each student differently. In group we discuss the different types of anxiety and the different effects it has on the individual students.

**Boy's Group-** This group is for boys who have low self-esteem, relationship troubles, friendship troubles, troubles at home. We try to work on building self-esteem and healthy relationships. We also deal with anger management issues and stress management techniques.

**Self Empowerment-** This is a voluntary group that will meet on Wednesdays 4th period. Students will work on copying skills and strategies to address poor self images and self-esteem issues, with the goal to improve self-confidence and follow through with personal goals.

**Anger Management-** Is a closed group that meets on Wednesdays during 4th period. We are learning about the norms and expectations of behavior when we are angry