

Pearl R. Miller Middle School
School Counseling Department
973-838-5250

The school counseling department offers various groups throughout the school year. The groups are short-term and run for approximately 6-8 weeks in length. The groups will meet during lunch throughout the school year depending on the demand for each group. Groups are will be a fun and supportive way to discuss and learn various strategies. Below are descriptions of the groups offered:

TOPS: Tackling Organization & Preparation Skills: (grades 6-8) This group is designed to support students with organization and time-management needs. This group is also designed to help students during their transition into the demands of a new grade. Time-management skills, test-taking skills, organizational skills, etc. will be introduced and reinforced during the group.

Changing Families: (grades 6-8) This group is to assist students in defining their feelings and in learning coping strategies to deal with various changes within their family, such as divorce, loss of loved one, etc. Group members will be able to offer each other support and will learn skills for dealing with changes in their family structure. Through the group process, students will learn that despite all the changes, they can be safe and taken care of and will realize that there are other children that come from all different kinds of families.

Girl Chat: (females grades 6-8) This group is designed to give girls a place to discuss issues they are facing in adolescence. This group will allow girls to have an open-discussion regarding topics such as self-esteem, confidence, friendship, body image, etc. Girls will be encouraged to express their feelings and concerns while doing fun activities that help strengthen their self-esteem and confidence.

Permission Slip to attend Lunch group

Student Name: _____

Grade: _____

_____ TOPS

_____ Girl Chat

_____ Changing Families

I give my child permission to attend the group/s listed above. I can contact Ms. Bennett (x115), Mrs. Dock (x174), Dr. Protter (x306), or Mrs. Nafash (x304) if I have any questions.

Guardian Signature: _____