



What support groups are available?

The Student Assistance Program is able to offer students the opportunity to participate in a support group during school days.

AVAILABLE SUPPORT GROUPS:

- **Anger Management:** This group is for students who want to learn why they get angry. Students will have the opportunity to learn how to deal and express their feelings in healthy ways.
- **Chemical Dependency in Adolescents/Insight:** This group is for students who want more information on alcohol and other drugs or who want to look at their own use and how it may be affecting their life. Also, student will learn that recovery is possible and the steps to reach recovery.
- **Children of Addicted Parents:** This group is for students who are concerned and fearful about the alcohol/drug use of someone close to them—Family or friend. Also, students will learn they are not alone and it is okay to talk about it.
- **Self-Esteem/Motivation:** This group will give students the opportunity to develop positive self-esteem by learning how to care about their lives and the future.
- **Teen Dating Violence:** This group is for students who want to learn the difference between a healthy and unhealthy relationship. Students will have the opportunity to learn about the cycle of teen dating violence.
- **Moving On:** This group is geared towards seniors who want to have a better understanding of themselves and the process of getting on with their lives after graduation. Students will have the opportunity to share their concerns and fears, as well learn they are not alone.