

# 2023-2024 GROUPS

Dear Seaford High School students and families, We are excited to inform you about small group experiences that will be offered this year at Seaford High School! Small groups provide not only the opportunity for additional learning experiences, but also a time of sharing and of growing together with fellow students. Small groups give students a chance to belong, a chance to express themselves, and the opportunity to benefit from the support of group members.

Please keep in mind that in addition to the group meeting schedule, individual counseling opportunities are always available to our students. Our 2023-2024 groups will include the following topics:

## COME JOIN US!

1

### **MINDFULNESS (EVERY OTHER WEEK):**

This group will focus on strategies to help students become more confident, learn how to address anxiety, stress, & fear, and how to become more mindful and self-aware.

2

### **SEAFORD STRONG (EVERY OTHER WEEK):**

This is a group aimed toward students who have had or currently have a family member dealing with serious illness. This group will focus on the teaching and practice of utilizing positive coping strategies.

3

### **ART GROUP (EVERY OTHER WEEK):**

This group will allow students to express themselves through creative pathways. They will have the opportunity to share with others, as well as learning effective forms of art for coping.

4

### **LIVING THROUGH LOSS GROUP (1X A MONTH):**

This group will focus on supporting students who have lost someone close to them, whether it be a death, divorce, breakup, or relocation.

5

### **NEW VIKINGS" GROUP (1X A MONTH PLUS ADDITIONAL SOCIAL OPPORTUNITIES):**

This group will provide any student who recently enrolled in the Seaford school district an opportunity to make new connections and familiarize their way around campus.

6

### **TIME MANAGEMENT, ORGANIZATION, & STUDY SKILLS GROUP (1X PER QUARTER):**

This group will come together one time per quarter to learn strategies on finding academic balance.

7

### **BEAUTIFUL ME (3 SESSIONS):**

Beautiful Me (3x a year): Beautiful Me is the flagship program offered by Self-Esteem Rising. The program is divided into 3 parts. Each section is designed to emphasize a different aspect of self-confidence and self-care. A series of activities and discussions encourage and empower participants.

[Sign Up Here:](#)