**Sanford Middle School**

**Guidance & Counseling Department**

**Small Group Counseling**

**Referral Form**

Dear Parents/Guardian:

Small group counseling is designed to give more specialized intervention to students who **ARE HAVING PROBLEMS** with a **specific** area of **emotional** need. We will be focusing on various topics to include **Anger Management, Grief & Loss, School Survival** and **Social Skills**. These small groups will meet one day each week for 30 minutes and will last approximately six weeks.

The purpose of small group counseling is to help children:

1. Understand their feelings.
2. Learn the skills to communicate these feelings in constructive ways.
3. Discover their strengths and the support system they have, and learn to use both.
4. Realize that other children have similar experiences and feelings.
5. Learn to encourage one another.

We would like very much for your child to participate in these small group counseling

activities. If you have any questions, please contact us at 334-745-5023.

Sincerely,

LaWanda Maloy, Counselor

**PLEASE SIGN BELOW AND RETURN THIS PORTION TO YOUR CHILD’S TEACHER**

## Child's Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My child (please check one) MAY \_\_\_\_\_ MAY NOT\_\_\_\_\_ participate in the small group

counseling sessions indicated above. Only the students who return their signed permission slips will be allowed to participate.

Please indicate the small group(s) you would like your child to participate in: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_