



Counseling Groups at Heidelberg Middle School

Groups to support our students have been facilitated by our counselors. Oftentimes, our school psychologist, our ASACS counselor, and a counselor from Army Community Service assist with leading these groups.

**** These groups are offered, based on the demand and numbers of students who might require these services.*

**** Groups are held during the school day. The group times are rotated through the student's schedule, so that the same class is not missed on a continuous basis. The groups are 45 minutes long (on average), and run from 6 – 8 weeks.*

The types of groups that have been held are:

- *Divorce Group – group for those students whose families have experienced a divorce, or living in blended families.*
- *“Girls’ Group” – group for those girls who are dealing with middle school issues.*
- *Bereavement Group – group for those students who have had the significant loss of a loved one*
- *Serious Illness Group – group for those students whose parents or siblings might be dealing with a serious illness*
- *Deployment Support Groups – Held on a monthly basis, this is a group for those whose parents are currently deployed, recently returned, or ready to deploy*
- *Newcomers’ Groups – Held intermittently throughout the school year, this group is to welcome students to HMS, familiarize them with the traditions, events, and climate of our school.*

****If other counseling needs should arise that affect a number of students, perhaps groups could be formatted to meet these needs.*