

NO WORRIES SMALL GROUP

Date:

Dear Parent(s),



Mrs. Lazalde will be offering a small group for 2nd and 3rd graders that will discuss how to recognize and manage feelings of worry/anxiety. We will be working on mindfulness and focusing on different coping skills. Small groups are a great way for children to meet others their own age and share common concerns. Students discover that they are not alone with their feelings and experiences. This group will last 6 weeks and will take place once a week for 30 minutes.

Please sign and return this slip if you would like your child to participate. Please feel free to contact me with any questions or concerns. I can be reached at:

Emily.lazalde@holyrosarymemphis.org

901-259-3247

Sincerely,

Mrs. Lazalde

School Counselor

Yes, I would like my child, _____, to participate in this small group.

Parent Signature: _____

Date: _____