



HAMBURG AREA MIDDLE SCHOOL

711 Windsor Street, Hamburg, PA 19526-9410

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Fax: 610/562-1425

A great place to live and learn

PERMISSION FOR SUPPORT GROUPS

Hamburg's Student Assistance Program offers a wide variety of support groups to help students learn to cope effectively with many common barriers to their educational success. These curriculum-based and skill-building groups allow students to gain strength and understanding in a confidential setting from peers and provides them with the tools necessary to thrive despite challenges. Groups typically last for 45 minutes in duration, once a week, for about eight weeks. The groups are facilitated by a Student Assistance Program Specialist from Caron Treatment Centers. Groups will be conducted either in-person or remotely via video or audio-conferencing technology or a combination of both.

We require parent/guardian permission for students to participate in groups. Below is a listing of the possible support groups being offered this school year. Please check the group or groups that interest you and have your parent/guardian sign at the bottom of the page.

- ☐ **Anger Management:** for students who want to develop effective skills to deal with anger and frustration.
- ☐ **Changing Families:** for students who are experiencing a divorce, separation, or remarriage in their family.
- ☐ **Grief and Loss:** for students who have experienced the loss of a loved one through death.
- ☐ **Kids of Promise®:** for students impacted by the substance use disorder/addiction of a loved one.
- ☐ **Project CONNECT®:** for students trying to reduce or quit the use of nicotine.
- ☐ **Resiliency:** for students who want to develop resiliency skills.
- ☐ **Stress Management:** for students who want to gain new healthy methods for managing stress.
- ☐ **Teen Intervene:** for students who have acknowledged using substances.
- ☐ **Teen Issues:** for students who want to develop self-empowerment, relationship skills, and talk about general teen issues.
- ☐ **CARE Together:** for students who are using cannabis related products and want to reduce, quit use, or receive education on concerns around cannabis use.

Nick Stramara
HAMS School Counselor

Cheryl Pishock
HAMS School Counselor

Christina Getz
Caron Student Assistance Program Specialist

Student Printed Name

Grade

Student Email Address

Parent/Guardian Printed Name

Parent/Guardian Physical Address

Parent/Guardian Email Address

Parent/Guardian Phone Number

Parent/Guardian Signature

Date