

Dear Parent/Guardian,

Changing Families (previously called Banana Splits) groups will be beginning soon! Chango students in grades 1-5 are invited to participate in this program.



What is this group? Changing Families is a peer support group for children who have experienced family changes such as separation, divorce, remarriage, or death of a close family member. Any child whose family has changed through these circumstances is welcome to join us.

What do we do? This group helps children learn problem solving skills to deal with change, and also helps children understand and express their feelings. Through group discussions and activities, children realize they are not alone. The children eat lunch together, talk, and help each other solve problems. We also play games and work on fun projects. At the end of the group we have a celebration, complete with ice cream sundaes!

When do we meet? The groups meet by grade level during lunch for approximately 10 sessions. Children who join the group are not required to attend every meeting.

How can students join? If you would like your child to participate in Changing Families this year, please return the permission slip below, and have your student turn it in to his or her teacher. I will be contacting all new and returning group members with the first time for the meeting. I anticipate groups beginning in late October.



Please contact me at 881-0520, ext. 46451 if you have any questions about the group.

Sincerely,

Kristin Huntsman
School Counselor

Changing Families Permission Form



Student's Name _____ Grade _____

Parent/Guardian Signature _____ Teacher _____