

Dear Parent/Guardian,

I am writing this letter to let you know about small group experiences that I will be offering twice this year

**Changing Families** designed to offer support to children going through separation or divorce.

**Anger Management** designed to provide strategies for healthy expression of feelings when we are angry, sad, or upset.

**Diary of a Whimpy Kid** designed for 4<sup>th</sup> and 5<sup>th</sup> grade boys using a popular children's book to deal with feelings, friendships and situations that arise in the intermediate years in an elementary school.

**Chrissa/ Chrissa Stands Strong** designed for 4<sup>th</sup> and 5<sup>th</sup> grade girls using a popular children's book to deal with feelings, friendships and situations that arise in the intermediate years in an elementary school.

In the small group settings, I work with four to six children once a week for about 30-35 minutes, depending on the grade level. The group lasts for six sessions. These groups occur during the school day; I work with teachers to schedule groups during the students lunch times. If you have any questions, please do not hesitate to call me at the school (881-0530) or send me an e-mail (reindebr@shenet.org).

I look forward to hearing from you!

Sincerely,  
[Debra Reinisch]  
School Counselor

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**Small Group Permission Form**

Child's Name: \_\_\_\_\_

Teacher/Grade: \_\_\_\_\_

Yes, I give permission for my child to participate in the following small group(s):

Changing Families  Anger Management  Diary of a Whimpy Kid  Chrissa

\_\_\_\_\_  
Parent Name (please print)

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent e-mail address