***5th Grade Girls’***

***Peer Support Group***

**Wednesdays 2:15-3:15 PM**

Session I: Sept 30th – Dec 15th 2015

***Register by Wednesday, 9/23***

*CASA Health & Wellness is delighted to announce that we will be offering a special wellness group just for 5th grade girls this year! As part of the Kindness is Cool Bully Prevention Program at CASA, the activities of this intimate weekly group are designed to boost self-esteem, deepen peer connection, and foster a sense of community identity among group members. With these strengthened abilities, the ultimate goal of our group is to counter pressures to participate in girl-on-girl bullying—in middle school and beyond.*

*Group projects will be varied and shaped largely by participant collaboration. Here’s a sampling of what we have planned thus far:*

* *Watch and discuss Shane Koyczan’s animated spoken-word poem “To This Day… For the Bullied and the Beautiful.” Our goal: promote emotional recognition of the harmful effects of bullying, increasing support for peers who have been targeted.*
* *Examine portrayals of women in magazines, film, & pop culture. Our goal: increase awareness of covert gender-based societal messaging, building self-awareness and self-esteem in participants.*
* *Read stories from the book Chicken Soup for the Preteen Soul, using a restorative circle process to build trust and connection while sharing group reflections.*
* *Process and reflect through the creation of ongoing, confidential journals, with suggested entries structured in both written and artistic formats.*

*We’re truly delighted to offer this unique space for CASA’s 5th grade girls this year, and we see tremendous potential in this community of girls. Please see the reverse of this form for further logistical details and registration info. We hope your child will join our collaboration!*

*CASA 5th Grade Girls’ Support Group*

**Logistical Info**

* The first meeting of the 5th Grade Girls’ Group is scheduled for Wednesday, Sept 23rd, 2015. ***We’ll be meeting in the CASA/Rooftop Wellness Center every Wednesday from 2:15-3:15 for the duration of the fall semester***, with the potential for continuation in the spring if group members indicate interest.

* For the initial CASA class rotation (first session through October 5th), this timeframe means group members will be missing Wednesday art class with Ammo and Zoe. ***For students who also want to take part in these art classes, we’re offering the option of enrolling in our wellness group on an alternate-week basis, instead of attending weekly. Please note: this preference must be specified upon registration, to ensure continuity and allow for accurate planning of activities.***

* **Confidentiality is core feature in the success of this group**. In order to cultivate safety and intimacy within our community, participants’ right to privacy will be vigorously emphasized. This means that Lily will not discuss the specific contents of conversations with anyone outside the group, including parents, unless a participant has given clear verbal permission beforehand. Additionally, group members will be similarly expected to maintain the privacy of other participants, and may not repeat things shared by peers within the group to anyone other than their parents or caretakers. Students who break trust within the community by repeatedly failing to honor others’ right to privacy will be asked take a break or withdraw from the group.
* ***To register your 5th grader for this group***, email Lily at cardasiscounseling@gmail.com, or complete a registration request at [cardasiscounseling.org/student-wellness-groups](http://www.cardasiscounseling.org/student-wellness-groups.html). A signed parental consent form is required for each participant, and must be completed prior to the registration deadline of 9/23. Forms are located on the wall by the parent sign out area in the CASA bungalow, or can be requested in electronic format by emailing cardasiscounseling@gmail.com. Completed forms can be turned in to the Health & Wellness dropbox in the parent sign out area, or scanned and emailed to cardasiscounseling@gmail.com.