

# Support Groups

## 2007-2008

**Girls Group**- *Girls only.* Group focuses on various issues of concern to the girls in the group. Topics range from eating disorders, body image, making friends, health, relationships, family issues, etc.

*Group Facilitator:* Laurie McLean, MFT- Freedom4U  
Group meets *Wednesdays* alternating between 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> period in Room M 18.

**New to PEN High Group**- *Co-ed group restricted to students who are new to PVPUSD.* Group focuses on dealing with issues of being a new student and fitting in. Good for those students who feel out of place, have had trouble making new friends, are feeling overwhelmed, and/or just want to meet other students who are new to PVPHS.

*Group Facilitator:* Laurie McLean, MFT- Freedom4U  
Group meets *Wednesdays* alternating between 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> period in Room M 18.

**Teen Issues Group**- *Co-ed group will focus on issues presented by students in the group each week.* Topics vary pending on the group dynamics. This is a good group to help students whose parents are going through a divorce or are already divorced, may have trouble making positive decisions in their lives and/or want to be in a support group to discuss adolescent issues.

*Group Facilitator:* Laurie McLean, MFT-Freedom4U  
Group meets *Wednesdays* alternating between 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> period in Room M 18.

**Boys Group**- *Boys only.* Group focuses on various issues of concern to the boys in the group. Topics range from healthy decision-making, improving social skills, friendship/relationship/family issues, etc.

*Group Facilitator:* Robert Babb, MFT.  
Group meets *days Thursdays @ lunch* in Room M 18.

**Grief Group**- *Co-ed group is a safe and supportive place for students to adjust to the loss of a loved one and process through their grief experience.* Students are given the opportunity to share their feelings, learn more about the grief process, bond with others, and develop new methods of coping and problem solving. The group will meet for 9 sessions. It is important that participants make a commitment to attend every session. The program is designed with weekly topics serving as building blocks. At the conclusion of the 9-week session, students will be re-evaluated to see if they will participate in another session.

*Facilitator:* Jane Smolens, Certified Bereavement Facilitator from The Gathering Place.  
Group meets on Wednesdays from 12:15-1:15pm in Room S 53.

*Parent permission required for any student who participates in Group. For any questions, concerns, or to pick up a permission slip please contact Stephanie Scott, Safe Schools Coordinator, in the Counseling Office or via phone at (310) 377-4888 ext. 274.*