

INFORMED CONSENT FORM

Connections Academy Comprehensive Guidance and Counseling Program

Dear Caretaker/Student,

Our school's Counseling Program includes the opportunity for students to participate in small group counseling experiences. We will be beginning this year's groups on the week of 10/5/2020. Each group will meet once every two weeks for approximately 30-45 minutes.

Grief/Loss Group (9-12) - Nicon Jones (501) 333-9450 niconajones1@connectionsacademy.com

Will meet on the 2nd & 4th Wednesdays of each month at 1:00 pm in LL room

This group will meet biweekly and is open to 9th - 12th grade students who have had a significant loss in their lives. In this group we will work towards understanding grief and loss, common stages of grief, coping skills, and self care.

Parenting Group-Dorothea Mencer (501) 238-4571 dorotheamencer@connectionsacademy.com

Will meet on 1st & 3rd Tuesdays each month at 1:00 in LL room

<https://ww3.livelesson.com/dmencer>

This will be a group for students who are currently parents or who are expectant parents. We will discuss challenges, resources, parenting concerns, legal obligations, and ways to meet their child's needs while still meeting their own needs.

Anxiety/Stress Management Group (K-8) - Jordan Kendrick 501-200-1204

Will meet On every [Mrs. Kendrick's Live Lesson Room](#)

Anxiety Small Group: The Anxiety group is designed for students to learn ways to deal with the different types of anxiety and significant sources of stress. Anxiety is a normal reaction to stress and one of the most common mental health issues for adolescents. We will be discussing not only what issues in our lives are a source of concern but how to develop resilience characteristics.

College/Career Group (11th/12th) - Kimber Favero

Will Meet: the first Tuesday of each month from 3:00 to 4:00 p.m. with the exception of the October meeting. It will be from 6:00 to 7:00 p.m. in an effort to allow Learning Coaches to attend. Students may come and go as they see items that interest them.

Students will learn about planning for their future and how to achieve those goals. Topics will include the college application process, financial aid, various career paths, technical schools, career interests inventories and military information.

This group will meet monthly on the first Tuesday of each month from 3:00 to 4:00 p.m. . Students may come and go as they see items that interest them.

Anxiety/Stress Management Group (9th-12th) - Jeremy Hoback (501-213-1626)

jhoback@arca.connectionsacademy.org

Live Lesson Room Link: <https://ww3.livelesson.com/jhoback>

Will Meet: Every other Thursday starting in October

This group will meet bi-weekly and open to 9-12 students. The stress management group will focus on techniques and ways to help students lower stress. Participants will look at stress factors and how to address them in a healthy way. The goal is to empower students to be able to effectively manage stress.

Please note that participation in the group is completely voluntary and confidentiality and group norms will be addressed and respected. Please sign the form below to indicate your consent (or non-consent). Please include comments that might be beneficial when working with your son or daughter. Complete and return the consent portion to your Counselor no later than 48 hours before the next meeting. You may participate in any or all of the groups you wish. If you have further questions or concerns please contact the group leader.

-----cut here and return lower portion by fax or mail OR email entire sheet-----

Consent for Participation in the: _____ Group

Please Return to the Guidance Counselor of the listed group

Student Name (Please Print): _____

Student Signature*: _____ Date: ___/___/___

*Students age eighteen and over may or may not be required to have a parent/guardian signature.

I give my consent for my son or daughter to participate in the _____ group.

I do not give my consent for my son or daughter to participate in the _____ group.

Caretaker (Please Print): _____ Date ___/___/___

Caretaker Signature: _____