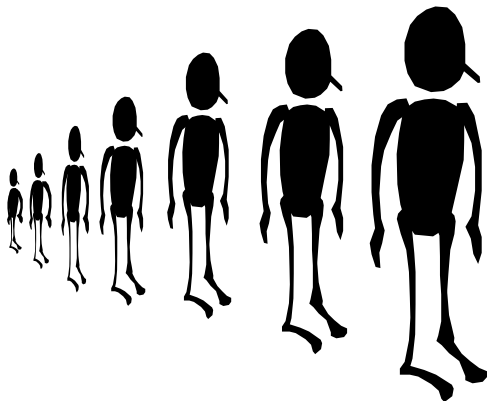


What is a Support Group?

A support group brings together students attempting to cope with similar concerns and issues. These groups meet once a week under the direction of one or more members of the counseling department. The core philosophy of any support group program is that those students participating in such programs will be better able to manage those factors impacting upon their lives, and subsequently improve their overall school performance. Support groups are designed to educate students as how to best cope with specific issues and concerns, and to provide students with appropriate levels of support in their efforts to find success in school. **Support groups are not therapeutic and should not be viewed as replacing therapeutic settings that a student may be participating in through a community agency or mental health facility.**



Antioch Community High School

COUNSELING & S. A. P. PROGRAM

Dr. Phyllis Fay, Assistant Principal for PPS
Ms. Courtney Heisler, Social Worker
Ms. Christine Kasbohm, Psychologist
Mr. Kirk Langenkamp, Counselor
Ms. Peg Larson, Social Worker
Ms. Kelly Lindgren, Counselor
Ms. Darcy Peck, Counselor
Ms. Johnna Slocum, Counselor
Ms. Emily Sobczak, S.A.P. Coordinator
Mr. Jim White, Psychologist



Antioch Community High School



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Antioch, IL 60002

Phone: 847-395-1421
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Created by: K. Langenkamp 2009-10

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SUPPORT GROUPS

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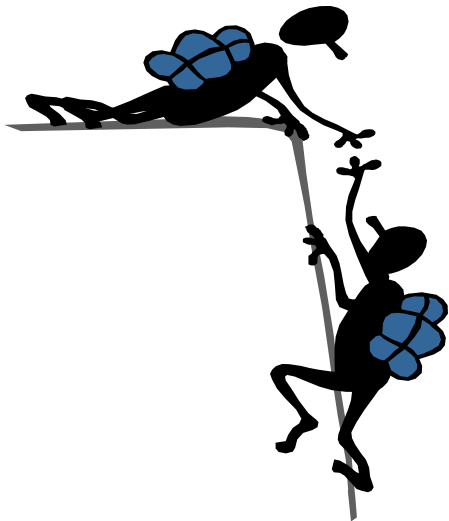
Student Support Group Programs

Student support groups are formed based upon students needs and interests. Should you find a support group in which you would like to participate, place a check mark on the line provided. Please return this form to the counseling office. Be certain to print your ID number and graduation year on the space provided so that you may be contacted in the future. Students are limited to participating in one support group program at any given time.

Support Groups

_____ **Challenge** – Established for students who have struggled with alcohol and drug usage in the past and are now attempting to refrain from any use.

_____ **Family Issues** - Support provided to students that are struggling with home life due to drugs/alcohol in the home, divorce, or separation.



_____ **GLBTQ** - Helps students with issues related to sexual orientation or gender identity. Students will learn coping strategies as well as build on self-esteem in order to establish a plan for a positive and productive future.

_____ **Moving On** - Provides support for those students who are attempting to deal with the death of a loved one. Students with parents, siblings, or friends who suffer from terminal illness are also invited to participate.

_____ **Resilience** - Helps survivors of sexual assault, trauma, or destructive relationships adjust and move toward closure/recovery.

_____ **Stress Management** - Learn effective methods of coping with stress.

_____ **Young Women's Issues** - Helps young women cope with issues that they face on a daily basis. Students participating in this program will also examine issues related to relationships.

_____ **Young Men's Work** - For young men who find themselves frustrated to the point of anger. Learn effective problem solving skills, anger management techniques, and appropriate ways to express anger and frustration. Relationship issues will also be discussed.



Please provide any comments or suggestions if you are looking to participate in a group not listed or would like individual assistance.

NOTE:

All information you fill out on this form is confidential. We won't divulge any information without your permission.

ID Number _____

Graduation Year _____



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