

Miss Scaffidi's Junior High Lunch Bunches

As a junior high school counselor, I offer a variety of **small group** counseling opportunities. These small groups are called "**lunch bunches**". I offer them **once a week** during students' lunch periods. This is the most common time to see multiple students without pulling them away from their academic content. According to ASCA (the American School Counselor Association), "small groups can be an effective way to help a number of students who all need assistance in a similar area".

Lunch Bunches offered:

Skills for Success- Being successful, Decision Making, Self-Talk, Goal-Setting, Time Management, Responsibility,

Emotional Coping Skills- Dealing with problems/difficulties using self-care, "I"-Messages (I feel angry when...), Assertive Communication, Raising Self-esteem, Recognizing Support around us.

Changing families- What different families look like, What is difficult/not difficult about separate families, Worries, Changes

If your child is selected to participate in a lunch bunch, it **does not** mean there is something wrong with your child. It is simply an optional invitation for them to commit to a 6 week-long group that provides skill-building, support, empathy and the chance to relate to other students. Small groups are just one of the many supports I offer as a school counselor. I also offer **individual** counseling and **class lessons**. If you would like to speak with me about any questions or concerns you have regarding small groups or other supports that I offer, please feel free to reach me via email at lscaffidi@saintchris.org or by phone at 693-5604.