***Valley Forge Middle School CARE Team***

***Helping Students Remove Barriers to Learning***

*The CARE team offers small groups to support a variety of needs and interests relating to life as a student in middle school. Below*

 **Anger Management** **Changing Families**

Students will be given an opportunity to learn Students meet with other students who are

and practice new methods for dealing appropriately experiencing parental separation and divorce

with feelings and expressions of anger. to discuss personal concerns and feelings.

 **Grief and Loss** **Pre-Teen/Teen Issues**

Students meet to gain support from peers experiencing Relationship skills, self-empowerment, academic

similar feelings of grief or loss as a result of the stress, peer concerns, and general teen issues are topics

death of a friend or loved one. covered in this group.

**Resiliency Skills** **Stress Management**

Students dealing with a multitude of different stresses Students discuss sources of stress in their lives and gain

and challenges will participate in sessions designed to peer and facilitator support in trying new, healthy

foster resiliency skills including boosting optimism, methods for managing stress.

building strong relationships, focusing on goals, becoming

a problem solver and defining personal strengths.

**Students of Promise** **Drugs, Alcohol, or Tobacco Intervention**

Students that are affected by a parent or guardian’s Students can receive confidential support and

misuse or addiction to alcohol or drugs can process their education regarding their own personal use of

thoughts and feelings with other peers. drugs/alcohol/tobacco.