

Monticello Middle School Student Support Services

We offer a variety of groups and individual support to our students. Please check any topics which you may need support with this year.

___ **Social Skills** (getting along with others, making new friends)

___ **Military Support** (someone you care about is serving in the military overseas)

___ **Medical Concerns** (someone in your family has a serious medical issue/illness)

___ **Adoptive/Foster Care Support** (you are adopted or in foster care)

___ **Study Skills** (help with organization, time management, studying for tests)

___ **Family Change** (your parents are divorced, separated, never married, or remarried)

___ **Concerned Persons** (family member has a problem with or addiction to alcohol or drugs)

___ **New Student** (support with being a new student in the building)

___ **Grief Support** (someone in your family has passed away)

___ **Family Member in Jail/Prison** (support dealing with difficulties related to incarceration)

___ **Strong Voices** (group for students of color & allies working to improve equality for all)

___ **Safe Space** (support for LGBTQ students and allies)

___ **Self Control Support** (gain knowledge and skills to deal with self control)

___ **Stress Management** (learn to handle stress in a healthy manner)

___ **Coping Skills** (ways to deal with conflicts, anxieties or other difficult emotions)

___ **Individual Support** (meet with a counselor or social worker alone)

Name: _____ Grade/Team/Group: _____ Advisor: _____

Parent/Guardian permission: _____ (Signature) _____ (Date)

Groups will be facilitated by Mrs. Olson, Ms. JeNee, Ms. Peterson, &/or Mrs. Sopher
Groups may be in person or on google meets this year. Return this sheet to the Student
Center or send a photo email to therese.olson@monticello.k12.mn.us