



BEAUMONT COUNSELLING AND SUPPORT GROUPS

2012/01/24

Dear Parents

As you know, children with emotional problems cannot learn successfully. They have problems with concentration as well as socializing. They often end up in trouble because of internal anger that they release inappropriately. We want to look after all our learners that are part of our Beaumont family.

This year we will again be offering support in the following areas:

1. **Winning Ways** (facilitated by psychologist Jenny Dunkley)
This group is for children who are **referred by the counselling team** for ongoing support (anger management, behaviour modification). If you feel the need for your child to attend, please contact me.
2. **Let's be friends** (facilitated by counsellor Alison Mc Laughlin)
This group is for children who need support and guidance with socialization skills. These are the children who are left out, are loners, feel that they are not part of a friendship circle and this makes them withdrawn and lacking in confidence. Your child may need to continue engaging with this group for more than one workshop during the year. (R185 for 6 x 40 min w/shop)
3. **Care and Share** (will now be facilitated by psychologist Jenny Dunkley)
This group is for children who come from divorced and broken families, single parent homes. These children are taught coping skills and how to understand and control their emotions. Parents often fear the risk of exposure, but this is not the aim of the group and confidentiality is respected. Focus is on supporting the child while living under such circumstances. (R170 for 5 x 40 min w/shop)
4. We also have **individual counselling** available - please contact me in this regard.
5. There will also be a group of selected learners in Gr 7 who will be part of the **Knowing me knowing you** group. This is facilitated by Psychologist Sally Davies and Alison Mc Laughlin. These learners will be trained as peer carers.
6. **On the Edge club** is a Christian group for Gr 7 learners. These learners will be taught life skills for teenagers from a Christian perspective. Only 25 learners will be accommodated, so first come first serve.


7. **I need to Know girls group** for Gr 6 and 7 girls on Thursday afternoons till 15h00. Here we will discuss topics for girls where guidance is needed where they often feel they cannot discuss with their parents. No more than 15 girls in the group. Parents may send in topics that they would like guidance on for their daughters.

Please feel free to contact me if you need more information.

REMEMBER: All fees payable BEFORE the workshops commence, unless alternate arrangements have been made. Remind your child each Thursday to go straight to the venue. Discuss with your child the value of these workshops. A report is given at the end of the workshop. You will receive a letter giving you dates and payment options for this term.

Kind regards

Bev Austen
(Institutional counsellor) 851-7124 / 0842340103


Mr Reddell
School principal