



Student Support Groups for the 2020-2021 School Year

Help your child manage the challenges of school and their mental health throughout the school year.

COVID-19 has changed the way we live our daily lives. Like adults, many children and teens are experiencing stress and anxiety. Catholic Charities of Central Texas Counseling Services is offering a new program for students in 5th through 12th grades. We invite your child or teen to participate in our weekly support groups. Our Student Support Groups will be held weekly via Zoom.

Groups start the week of August 31, 2020.

Varsity

Students in grades 11th & 12th

Support your teen during the challenging time of preparing to be a young adult. Teens at this age are preparing for college. There are strenuous demands associated with graduation and college readiness, not to mention the pressures associated with being an adult.

Tuesday 7:00—8:00 pm

Jr. Varsity

Students in grades 9th & 10th

In this group, your teen will find support during a time of challenges related to school, friendships and “bucking mom and dad.” Students in this group will not only find support but can receive guidance in communication skills and decision making.

Thursday 7:00-8:00 pm

Middle School Marvelous

Students in grades 6th, 7th & 8th

This group provides support for students dealing with maturity and the ability to make sense of the world. This group not only provides support to students, but students will benefit from the support of a clinician able to help students express their ever-changing feelings.

Wednesday 6:30-7:30 pm

ELEMENTARY

Students in grade 5 only

The last year for kids in elementary school can be tough. Kids in this group will not only receive support from school, but with their feelings of not wanting to grow up, concerns about middle school and not fitting in.

Monday 6:30-7:30 pm

The cost of the group is \$30 per six weeks. You can renew your student’s group participation every six weeks throughout the school year. If you will have multiple children enrolling in groups we will provide a 15% discount. Please contact Barbara Grohmann at counseling@ccctx.org or 512.651.6150.