

Allatoona School Counseling and NW Georgia Behavioral Health will offer

A GRIEF support group to Allatoona students

## Grief and Loss Support Group

If you have experienced a loss in your life, and you'd like some support and tools to help you resolve the loss and feel better, we're offering a 4-week support group here at Allatoona.

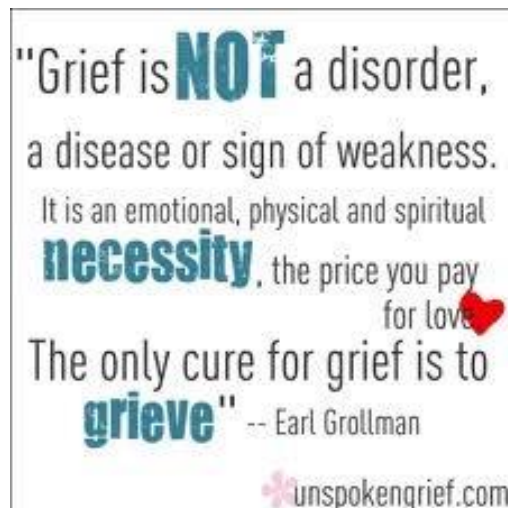
- **Common losses include:**
  - **Death of someone you care about**
  - **Major illness or injury (you or someone you care about)**
  - **An absent parent**

You can learn to cope with the loss, feel better, and take some specific steps to help you move through the grief process and find relief and resolution.

### **Students will learn about:**

- **Various types of loss,**
- **Common responses and positive coping skills,**
- **The five stages of grief,**
- **The five steps toward healing a loss.**

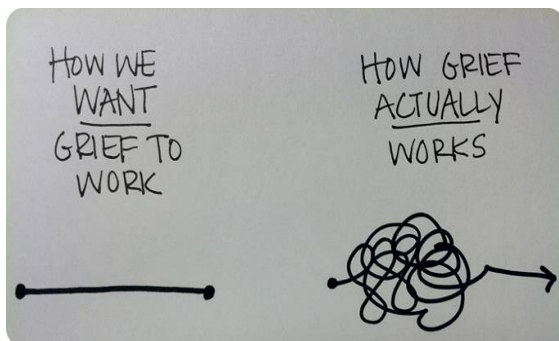
Students will also have an opportunity to share and give supportive feedback to other students who have experienced losses.



**When:** during Homeroom Advisement on the following dates: April 12 April 19 April 26 May 3

**Where:** Allatoona school counseling offices

**How:** Parent or Guardian must complete the permission form and return it to the counseling office by Monday, April 10<sup>th</sup>.



There is no charge for the group but permission form must be completed.

The permission form can be found on the Allatoona counseling page. <http://allatoonacounseling.weebly.com/>

Please contact your school counselor for more information at 770-975-6503