

# Group counseling at Alki

Counselors at Alki recognize that some students could benefit from smaller group counseling. These situations offer students a chance to work through issues with a small group of 5-6 students who are experiencing the same issues.

Groups meet once a week for a pre-determined length of time and care is taken to avoid conflicts with classes as much as possible. Counselors may meet with students during lunches or during rotating class periods to avoid students missing the same class all the time.

At the beginning of the year students were asked to complete an anonymous survey to identify which needs were the most pressing for Alki students. Students who filled out the survey had the chance to include their name if they wanted to be contacted by a counselor about a group.

Below is a list of groups that may be offered based on interest and need:

- Children of divorce
- Grief and loss
- Stress and anxiety
- Friendship
- Organizational Skills
- Children of alcoholics and drug users



Students and parents that have questions about small group counseling at Alki are encouraged to contact their counselor.