

Samohi Counseling Groups



COPING WITH ANXIETY & DEPRESSION GROUP

A counseling group that focuses on Mindfulness Practice, Cognitive Behavior Therapy, Relaxation Strategies, Communication Styles, and Crisis Management. The goal of this group is to have students learn various ways of grounding themselves to better manage stressful situations (i.e. academic pressure, peer relationships, intense emotions, difficult family dynamics, etc.).

9TH GRADE YOUNG MEN'S GROUP

A counseling group that focuses on creating a space for young men to support each other while transitioning into Samohi. The goal of this group is to have students learn various ways of grounding themselves to better manage stressful situations. Possible themes for discussion include family, peer pressure, friendships, sex education, body image and the media, self-esteem, and navigating high school.



9TH GRADE YOUNG WOMEN'S GROUP



A counseling group that focuses on creating a space for young women to support each other while transitioning into Samohi. The goal of this group is to have students learn various ways of grounding themselves to better manage stressful situations that are apart of transitioning into high school. Possible themes for discussion include family, peer pressure, friendships, sex education, body image and the media, self-esteem, and navigating high school.

HEALTHY RELATIONSHIPS GROUP

A counseling group that focuses on creating a space for students to explore the different factors that contribute to healthy relationships. The goal of this group is to have students learn how to recognize healthy vs. unhealthy behaviors in relationships, as well as develop communication and conflict-resolution skills. Possible themes for discussion include family, relationships, friendships, sex education, consent, the impact of social media, self-esteem, dealing with rejection, and exploration of sexuality and gender identity. Groups will be separated by gender.



LGBTQI2-S SUPPORT GROUP



A counseling group that aims to provide an empowering space for LGBTQI2-S identifying students. The goal of this group is to have students learn various ways of grounding themselves to better manage stressful situations related to sexuality and gender identity. Possible themes for discussion include identity formation, coming out, healthy relationships, sex education, stigma and discrimination, mental and physical health, and more.

SUBSTANCE USE/ABUSE SUPPORT GROUP

A counseling group that focuses on creating a space for youth to seek support and guidance around substance use/abuse. The goal of this group is to have students learn various drug resistance skills, personal self management strategies, and social development capabilities to manage challenges related to substances. This group counts towards mandated hours for on-campus drug infractions.



Counseling groups are offered at different times throughout the year **based on student need and availability**. If you are interested in participating or finding out more, please contact your house advisor, nurse, or mental health coordinator.