

Rise Above Club – A Middle School Empowerment School Counseling Group

Dear Parent or Guardian,

We are excited to offer “Rise Above Club,” a bi-weekly school counseling group designed to help middle school students build confidence, emotional resilience, and a strong sense of identity. Through art-informed activities and play-based methods, students will explore their strengths, express themselves creatively, and develop tools that support their personal growth. Below is an outline of our 10-session Empowerment Group, Rise Above Club:

1. **January 9, 2025, 8 AM:** Welcome to Rise Above Club!
2. **January 23, 2025, 8 AM:** The Power of My Voice
3. **February 6, 2025, 8 AM:** Tackling Negative Self-Talk
4. **February 20, 2025, 8 AM:** Confidence Through Creativity
5. **March 6, 2025, 8 AM:** Bouncing Back After Challenges
6. **March 20, 2025, 8 AM:** My Strength Story
7. **April 3, 2025, 8 AM:** Managing Stress
8. **April 17, 2025, 8 AM:** Empowered Friendships
9. **May 1, 2025, 8 AM:** Vision Boards for the Future
10. **May 15, 2025, 8 AM:** You Are Powerful

Confidentiality

Group discussions are confidential. Counselor will encourage students to respect each other’s privacy. However, please note that counselors are mandated reporters and must report if a student shares information about intent to harm self or others, abuse, neglect, or any safety concerns.

Consent

I understand the purpose of this group and give permission for my child to participate in Holley-Navarre Middle School Rise Above Club.

If you feel this group could benefit your child, please contact Alyssa Locklin (850) 936 6040 EXT 1235 or locklina@santarosa.k12.fl.us for additional details. We look forward to supporting your student’s journey toward confidence and empowerment.

Student Name: _____

Parent Signature: _____