



Fall 2023

Dear Parent or Guardian,

We would like to invite your child for school counseling classes during the school year-2022-2023. The purpose of the small group classes will be to help students learn important life skills that will enhance their ability to succeed academically and socially. Research has demonstrated that when we pay attention to students' social and emotional needs their academic scores increase. These classes will take place once a week for 5 weeks. This group will meet weekly on rotating periods. The topics for the 5-week psychoeducational counseling classes include:

- Introduction to Emotions & Feelings
- Mood management and emotional regulation
- Communication and conflict resolution
- Healthy habits for stress management
- Self-care and mindfulness

If you have any further questions or comments, please feel free to contact us:

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Sabino High School Counseling Department at 520-584-7743

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Thank you for giving us the opportunity to work with your child,  
Kristine Mateos & Photini Deshaies & Renee Ibarra  
Sabino School Counselors

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Please return this signed permission form to the Counseling Office if you would like your child to participate in this social emotional learning opportunity.

By signing this form, I give my informed consent for my child \_\_\_\_\_ to meet with the school counselors to participate in the small group counseling during the 2023-2024 academic school year.

**Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print Student Name** \_\_\_\_\_

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