

Mt. Carmel High School
Counseling Department
Permission for Support Group Participation

This group will focus on specific guided relaxation techniques that help relieve stress, manage anxiety, and increase focus and awareness. All students are welcome to join as long as we have parent permission.

MCHS's Stress Management group will meet one day per week on a rotating basis so participants won't miss the same class every week. The duration of the group meetings will be only 30 minutes to limit the impact to instructional time.

Who should consider joining? Anyone who is interested in:

- managing stress or anxiety
- increasing focus
- relaxation
- improving overall outlook
- increasing well-being

If your student is interested in giving the group a try, please sign and return the permission slip below to Kim Bronson in the MCHS Counseling Department. Please direct any questions regarding stress management group participation to Counselor, Kim Bronson at: kbronson@powayusd.com.

Thanks!

I give permission for my student to participate in a stress management support group facilitated by the Counseling Department at MCHS.

Student's Name: _____

Parent/Guardian Signature: _____

Date: _____