

Dear Parents/Guardians,

I will be starting a **Worry Warriors** group at the end of October. The purpose of this group is to build coping skills to deal with worry. Students will learn more about deep breathing, muscle relaxation, and more!

This group will meet for 20 minutes one time per week for 8 weeks. If you would like for your child to participate in this group, please email me at alexfole@hssd.k12.wi.us or call me at (920)662-9814 by Friday, 10/20. Your child's teacher may have also nominated your child for this group. You will be notified when this group begins. If you have any questions, please feel free to contact me as well!

Alexis Foley
School Counselor