

# **S.T.O.P.**

## **Students Taking an Opposite Path**

### • **Program Overview**

- o Facilitated by Center for Family Guidance
- o 5 weeks of group sessions
- o Every Thursday @ Highland High School from 6:00 – 7:30 p.m.
  - Room E109 and E110
- o Maximum 12 students

### • **6 Sessions Topics:**

- *Week 1- Introductions and Self-Exploration*
- *Week 2- Dealing with stress*
- *Week 3- Coping skills development*
- *Week 4- Positive Goal Setting*
- *Week 5- Communication building*
- *Week 6- (makeup day): Termination activity*

### • **Program Dates:**

- o Session I - September 28, 2023 – October 26, 2023
  - 9/28, 10/12, 10/19, 10/26, 11/2 (Make-up date 11/16)
- o Session II - November 30, 2023 - January 11, 2024
  - 11/30, 12/7, 12/14, 12/21, 1/4, (Make-up date 1/11)
- o Session III - February 1, 2024 - March 7, 2024
  - 2/1, 2/8, 2/15, 2/22, 2/29, (Make-up date 3/7)
- o Session IV - March 14, 2024 - April 25, 2024
  - 3/14, 3/21, 3/28, 4/11, 4/18, (Make-up date 4/25)
- o Session V - May 2, 2024 - June 6, 2024
  - 5/2, 5/9, 5/16, 5/23, 5/30, (Make-up date 6/6)