



Counselor's Corner

Our 5th-8th grade small groups for the second quarter will begin on Friday, October 30. This group will focus on divorce. The 5th and 6th grade groups are full, but there are still plenty of spots available for any 7th or 8th grader who may be interested in participating. If you feel your 7th or 8th grade child would benefit from participating in our small group, please email or call

Mrs. Mottram to let her know (kmottram@cathedralcarmel.com; 235-5577). Our groups will meet once a week for six weeks during elective period.

The Yeager Center for Children and Families is offering two small groups for children this fall- Social Skills for Success and Skill Building for Children with ADHD. The groups are offered on Tuesdays and Thursdays for children in grades 3-8. If you're interested, you may contact the Yeager Center at 993-7927 for more information.

The Woman's Foundation Center has a wonderful array of services available to the public through its Health Information Center, including body talk classes and videotapes on various personal health topics. To see all that they have to offer, please visit their website at www.womansfoundation.com.

The Family Tree is offering a full schedule of parenting and life skills classes and groups, including ADHD Support and Coping with Divorce groups for parents. To see what is available this fall, please visit their website at <http://www.thefamilytree.ws/>

Mrs. Mottram, our CCS Jr. High counselor, has a list of wonderful Christian based literature by author Joe White that can help parents to understand and cope with the challenges of adolescent children. If you are interested, please email Mrs. Mottram (kmottram@cathedralcarmel.com), and she will pass the list on to you.