

Franklin Discovery Academy
Worry Warriors (Anxiety) Group Welcome Letter

Dear Parent/Guardian,

Your child has been invited to participate in the Worry Warriors group at Franklin! Worry Warriors is a small group for students who are struggling with anxiety. It provides a place for students to talk about their worries, while identifying anxiety triggers and practicing coping skills. We will talk about signs of oncoming anxiety and give coping strategies students can use everyday to lessen their anxious feelings. We sometimes use games, art, music, and books along with discussion to practice these skills.

Worry Warriors will meet once a week for about 30 minutes during the school day. The group will meet during lunch.

As part of the program, I may need to discuss relevant information about your child with your child's teacher, our school principal, and other school personnel. Just like all Franklin staff, I am a mandated reporter. It is only if there is a risk of harm to self or others or if there is suspected child abuse or neglect occurring that I am mandated to report these matters and take steps to protect the individual. In all other circumstances, discussions in counseling sessions are kept strictly confidential and information will not be released without your written consent.

I invite you to contact me at any time with your questions and comments about how I can best serve your child this year. I am on-site at Franklin from 9:30am-3:30pm on Mondays-Thursdays and from 9:30-3:00 on Fridays, and do check voicemail and email regularly.

***Please sign the attached permission slip and return it as soon as possible to your child's teacher so that your child may participate in the Worry Warriors Program.

I really look forward to working with your child this year!

Sincerely,

Katie Barker
School Counselor
katie.barker@franklindiscovery.org
801-785-6500 ext 121

Franklin Discovery Academy
Worry Warriors Permission Form

Child's Name: _____

Teacher: _____

Grade: _____

Parent/Guardian Name(s) & Best Phone Number to Contact:

____ Yes, I give consent for my child to participate in Worry Warriors at Franklin. I have read and understand the Franklin Worry Warriors Group Welcome Letter.

____ No, I do not give consent.

We may occasionally have food or food containers as part of our lessons. If your child has any food allergies please indicate them below. I will contact you for further information.

Parent/Guardian Signature

Date

****Please return this form to your child's teacher as soon as possible so that your child can participate in Worry Warriors Group. Please feel free to contact me with any questions.