

To Parents and Guardians of 7<sup>th</sup> and 8<sup>th</sup> grade girls,

My name is Rachelle Alfred, and I am one of the social work interns working at Abington Middle School this school year. Through a partnership with North River Collaborative and Abington Public schools, I provide social work services to students at AMS. One of the services that I am excited to offer is an after school group for 7<sup>th</sup> and 8<sup>th</sup> girls.

Being in middle school is a unique time for 7<sup>th</sup> and 8<sup>th</sup> grade girls. This time of personal growth and social-emotional development is fun but not always easy. During this stage, many adolescent girls struggle with friendships and self-esteem. Finding a safe space to discuss their growth is important. “Girl Talk” is an afterschool group where your student will have the opportunity to address these important topics. The purpose of this group is to provide a safe space for 7<sup>th</sup> and 8<sup>th</sup> grade girls to discuss topics of interest while working on social skills, self-esteem, and coping skills. The girls will also be able to suggest topics that are important to them.

“Girl Talk” will meet Tuesday afternoons from 2:55 to 3:40, starting January 23<sup>rd</sup>. Students will still be able to join after January 23<sup>rd</sup>. The group will run for 8 weeks with the possibility for a second session. To participate in “Girl Talk” a completed **Consent Form** and **Transportation Plan** must be passed in as soon as possible. **On January 23<sup>rd</sup>, Girl Talk will meet in the cafeteria before heading to our room.**

If you have any questions about the group, you can contact Ms. Alfred at [rachellealfred@abingtonps.org](mailto:rachellealfred@abingtonps.org) or by calling her at (781) 982 – 2170 ext.: 4309.

Thank you,

Rachelle Alfred  
MSW Intern  
Abington Middle School

**TRANSPORTATION PLAN and CONSENT FORM INCLUDED BELOW**

# Girl Talk Transportation Plan

Please turn in this form and the **Consent Form** to Ms. Alfred.

I am giving my student \_\_\_\_\_ permission to stay after school on Tuesday afternoons from 2:55 PM to 3:40 PM.

Please indicate how your student will get home after "Girl Talk"

- At 3:40 PM my student will walk home.
- At 3:40 PM my student will be picked up.
- At 3:40 PM my student will carpool with \_\_\_\_\_ who is also in "Girl Talk".

Student Name (Please Print): \_\_\_\_\_

Parent/Guardian Name (Please Print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## Cancellations

On snow days, half days, and school breaks "Girl Talk" will not meet. If the group is canceled for any other reason, Ms. Alfred, will contact parents/guardians ahead of time.

**North River Collaborative**  
**Social Work Internship Program**  
**Consent Form**

I, the parent(s)/guardian(s) of \_\_\_\_\_, give permission for my child to participate in Girl Talk at Abington Middle School. I understand that this group will be facilitated by a graduate social work intern who is supervised by an LICSW. I understand that the goals of this group are:

- To build confidence and self esteem
- Develop social skills
- Emotional regulation and coping skills

\_\_\_\_\_  
Name of Parent(s)/Guardian(s)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent(s)/Guardian(s)

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
Town

\_\_\_\_\_  
Zip Code