



Dear TMS Parents and Guardians,

Hi, my name is Brielle Senft, and Welcome to the Zen Den! I am excited and honored to be serving in my role at the middle school as a Clinician through CarePlus NJ, Inc.'s School Based Services Program. Tenafly Public Schools have been able to form this wonderful partnership with CarePlus NJ, Inc.

Part of my position will focus on small Teen Talk Groups for each grade level. Teen Talk Groups will provide a supportive and fun environment for students. The goal is to support social, emotional, and academic growth throughout the school year and to help your child succeed in all areas of their development.

Each group will meet on a Monday for 45 minutes after school from 3:15-4:00p.m. Topics will vary. The permission slip attached will need to be signed by parent(s) or guardian(s) and returned to the Guidance Office before your child can begin a Teen Talk Group.

The following topics will be offered to kick the program off:

10.23.17 - 6th grade - Middle School Friendships

- The transition to Middle School can be tough and so can changing friendships! We will discuss how friendships change over time and how to cope with it. This Teen Talk will include but not limited to, developing new friendships, letting go of old friendships, growing apart from friends, etc.

10.30.17 - 7th grade - Stress Management

11.6.17 - 8th grade - Stress Management

- "I am just so stressed!" Today's teens are balancing competitive academics, multiple extracurriculars, packed schedules, navigating the complicated social world, dealing with their hormonally charged whirlwind of emotions, and still just trying to be kid! This Teen Talk will include but not limited to, the different types of stress, stressors your teen is dealing with, coping skills to manage stress, etc.

Please be on the lookout for ongoing Teen Talk information and do not hesitate to email me for additional information at bsenft@tenafly.k12.nj.us. I look forward to helping your child to express their feelings in a positive way so they can be successful at school academically, socially, and emotionally.

Warm Regards,

Brielle Senft, M.A, LPC
CarePlus School Based Services Clinician