



# CBITS



## WHAT IS CBITS?

CBITS is a 10-week group program for middle school and high school students that is now being offered at your child's school. It helps students work together to learn new ways to cope with stressful experiences in their lives (an accident, loss of a loved one, witnessing or being the victim of violence, etc.) that get in the way of being successful in school, at home, or in the community.



## HOW CAN I BE INVOLVED?

The more you participate in your child's skill-building activities, the more the program will help your child. You can be taught how to understand common reactions children have to stress. Your child will be given activities to practice at home and you are encouraged to help your child practice these skills between groups.

## HOW MUCH DOES THIS GROUP PROGRAM COST?

This program is free.

## HOW DO I SIGN-UP MY CHILD FOR THIS PROGRAM?

Call the Contact Person at your child's school listed below. You will get more information about the program and can give permission for a counselor at the school to talk to your child about stressful events that your child has experienced, assess the ways that your child is having trouble coping, and determine if your child would benefit from the program.



## IS THERE A PROGRAM LIKE THIS FOR YOUNGER KIDS?

Yes! There is a similar program for elementary school students called Bounce Back. You can ask if the program is being offered at your younger child's school.

NAME OF SCHOOL: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_