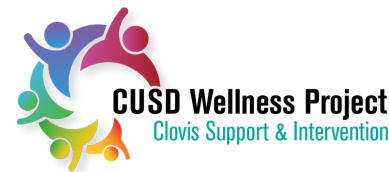


KASTNER INTERMEDIATE

CSI Program



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Students participate in a small group setting where they become better equipped to effectively address feelings, peer pressure, stress and other concerns.

Benefits



- Meaningful connections
- Interpersonal relationship skills
- Self-reflection
- Healthy expression of emotions
- Team building
- Social skills
- Positive coping skills
- Self-awareness
- Goal setting

Goals



- Listening and communication skills
- Problem-solving strategies
- Increase a student's confidence
- Decision-making skills
- Provides support through challenges
- Build relationships
- Feel more connected at school
- Empathize, accept and support others
- Gain hope and tools to navigate successfully in all areas of their life

Who's it for?



- Anyone with life or personal challenges:
 - Divorce
 - New to school
 - Stress/pressure
 - Withdrawn/quiet
 - Building friendships
 - Coping with anger
 - Anxiety and Depression
 - Death of a loved one
 - Incarcerated or unavailable parent
 - Family member with serious illness
 - Not connected at school

How it works



- CSI is a voluntary program
- Participation can be initiated by parents, teachers, students, and administrators.
- Parent permission is required
- 2 trained caring staff members use the CSI structured curriculum to facilitate groups in a safe, positive environment
- CSI groups have 6-10 students who meet for 45 minutes per week for 8 weeks
- CSI groups are confidential

CSI is a support for ALL students. Students and teachers work collaboratively to provide the necessary social and emotional support to be educationally successful. CSI is not considered therapy.



Scan for more
info about CSI

