



REALiving[®]
Helping You Be Your BEST.

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group health
Cooperative[™]
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Call Center: 855.838.7170

Helping Students & Families to be their **Best.**

The Chippewa Falls Area Unified School District has partnered with REALiving and Group Health Cooperative to offer a **Student and Family Assistance Program (SFAP)** to help students, parents/caregivers, and their families to be their very BEST both at school and at home! This program, **offered at no cost to you**, will provide up to **4 free counseling sessions AND 4 free parent coaching sessions OR 4 free youth coaching sessions** to each family in the school district.

Counseling services are designed to be short-term, solution-focused, and are provided by an affiliate network of mental health agencies in our community. Some of the topics this program can help you with include:

- Academic struggles
- Discipline issues
- Household stressors
- Stress, depression, and anxiety
- Anger management
- Drugs and alcohol
- Grief
- Marital issues
- Divorce
- Relationship challenges
- Bullying
- Eating disorders
- Unplanned pregnancy

Parent coaching is an additional support for families interested in implementing positive changes in their home. Parent coaches provide tools, ideas, and support; they are not providing therapy. This service provides parents/caregivers with hands-on strategies and is customized to each family. Some of the topics include:

- Aggression
- Defiance
- Sibling relationships
- Self-care for the parent
- Setting boundaries
- Parenting practices
- Divorce
- Grief and loss
- Supporting your child's physical, emotional, and social development
- Devices or gaming
- Diet and exercise

Youth Coaching provides individualized services to help youths build healthy relationships and discover their potential. Coaches engage in social and emotional learning methods that promote healthy relationships and coping skills to enhance the well-being of youths. Those who participate in Youth Coaching services will have opportunities to improve their communication skills, character strengths, problem-solving skills, resiliency, life balance, and health and wellness.

All services are **confidential**. Students and/or parents may contact the REALiving Call Center at **855.838.7170** to seek authorization or ask questions about these services 24 hours per day, 7 days per week! School administrators, teachers, social workers, therapists and/or counselors may also recommend this support to students, parents, and their families.

The Student and Family Assistance Program offers peace of mind to students, parents/caregivers, and their families. You don't have to handle everything on your own. We can help!