



# Counseling Groups

## \* Emotional Wellness

Come and learn about how to manage stress, anxiety, and depression in healthy ways. Participate in activities which will help you learn to help yourself!

**E days mods 7/8 and 9/10**

## \* Grief & Loss

Come and talk in a supportive environment about the death or loss of a loved one. Learn helpful techniques that will help you cope with your pain.

**K days mods 7/8 and 9/10**

## \* College Readiness

Nervous about leaving for college? Have questions that need answers? Come and talk to us to learn about what college is really like and to help prepare you for this huge step in your life!

**G days mods 7/8**

## \* Diversity & Development

Come and talk about growing up as a teenager in today's diverse society. This group is a safe space to talk about your personal growth and struggles and learn how we can be allies to those who are different.

**H days mods 7/8 and 9/10**

## \* Yoga & Relaxation Days

Stay tuned for special days throughout the year for relaxation breaks. ALL are welcome to come and enjoy the EASY and relaxing break in your day! No yoga experience necessary. Location TBD.

**See Ms. Banks in the counseling office for more information or to join. All groups will meet in the Advancement house, south of the parking lot. Bring your lunch.**