



Join one or more of our Virtual Events to help support your emotional and mental health!

Virtual Groups for Kids, Tweens, & Teens

February 2024 Schedule



Feb 1 @ 5:00 pm. Dealing with Changes at School and Home

Target Audience: High School

Link to Register: <https://bit.ly/499RCVG>



Feb 6 @ 5:00. Dealing with Changes at School and Home

Target Audience: Middle School

Link to Register: <https://bit.ly/30mHTly>



Feb 8 @ 5:00. Dealing with Changes at School and Home

Target Audience: 3rd-5th Grades

Link to Register: <https://bit.ly/47SqARK>



Feb 13 @ 5:00. Creating Positive Mindsets

Target Audience: High School

Link to Register: <https://bit.ly/3vULN09>



Feb 15 @ 5:00. Creating Positive Mindsets

Target Audience: Middle School

Link to Register: <https://bit.ly/3SEhVot>



Feb 20 @ 5:00. Creating Positive Mindsets

Target Audience: 3rd-5th Grades

Link to Register: <https://bit.ly/3UjtATN>



Feb 22 @ 5:00. Expressing Feelings with Art

Target Audience: High School

Link to Register: <https://bit.ly/3ub0vzw>



Feb 27 @ 5:00. Expressing Feelings with Art

Target Audience: Middle School

Link to Register: <https://bit.ly/3SimNqX>



Feb 27 @ 5:00. Expressing Feelings with Art

Target Audience: 3rd-5th Grades

Link to Register: <https://bit.ly/4bd7Y1F>



SPARC is pleased to present these virtual trainings through the support of MeckHope. These groups are open to any school aged youth in Mecklenburg County.

- Registration is required. The groups are limited to 8 individuals.
- Click on the link to register to register to attend any event you're interested in. Registration closes 2 hours prior to an event beginning.
- Parent/Guardian consent is required for any youth to participate. The link to the consent form is included with the registration. You only need to complete the consent one time, not for each group attended.
- If you register for an event and we do not have the completed consent form 2 hours prior to the event, you will be contacted by the facilitator and will not be allowed to join the event.
- Each month, there will be a new series of group topics to choose from.
- You can participate in as many groups as you wish
- Contact us at sparcreferrals@thesparcnetwork.net with any questions