



Support Group for 2020 High School Seniors

*Grieving the loss of senior year due to
COVID-19*

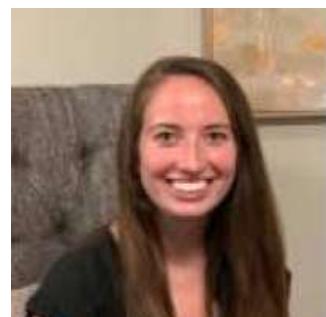
**Saturdays, 11:00 a.m. - Noon
5/9, 5/16, 5/23, 5/30, 6/6, and 6/13**

Throughout the onset of COVID-19, there have been new challenges that have come up uniquely for high school seniors. They are coping with how to be apart from their friends and peers at school, while grieving the abrupt end to their high school career. The stress of high school is already difficult enough, not to mention the added adjustment of new online school and being confined to the home for their safety. This year's senior did not get to experience their last athletic season, school play, prom, or graduation. In addition to loss, there is also the impending unknown of what summer and fall will look like. I am hosting a therapeutic support group through Zoom to help 2020 seniors engage in self-care and learn coping skills to help get them through this difficult time, on top of life stressors they may have already been experiencing. This therapeutic support group will focus on connecting with others, engaging in healthy socializing, processing grief due to unexpected circumstances, promoting healthy self-esteem, and more.

Your adolescent will learn to:

- Cope with grief and associated emotions (anger, sadness, anxiety, etc.)
- Find meaning in life moving forward, despite the uncertainty of what the world might look like
- Improve and strengthen relationships (family, friends, peer interaction)
- Practice healthy communication
- Implement positive social skills
- Improve self-esteem
- Implement useful coping skills
- Strengthen problem-solving strategies

Group Leader: Jacqueline Siempelkamp, MS, NCC, LPC enjoys working with adolescents presenting with a range of concerns, including depression, anxiety, LGBTQIA+, adjustment or phase of life transitions, relationships, substance abuse, behavioral concerns, and school/academic issues. She works diligently to facilitate a strong therapeutic bond and creates a safe, nonjudgmental space. Jacqueline supports collaboration with parents and other professionals to effectively achieve goals and facilitate change.



Who Should Attend: 12th grade students who have been impacted by COVID-19.

Cost: **Free.** Fees for this program are paid through health care grant funds available during the national pandemic.

Date and time: Saturdays, May 9, 16, 23, 30 and June 6 and 13; 11:00 a.m. to 12:00 p.m. each date.

Location: Online conference platform **Zoom**. Invitations to join will be sent to registered group members.

Registration: To register, or for more information, please contact Jacqueline Siempelkamp at the West County Psychological Associates office, (314) 275-8599.