

## MONDAY

**Group Title:** Healthy Youth Development for Parents

**When:** Our first group will be Monday, September 21<sup>st</sup> from 6:30-7:30 p.m.

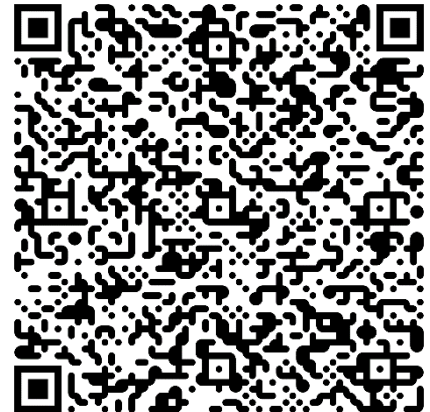
**Recurring Time:** Every Monday from September 21<sup>st</sup> through November 24<sup>th</sup>.

**Status:** Open group for all parents of any LWSD HS student.

**Sign-Up:** Drop-in. Group starts promptly at 6:30pm, so please do your best to be on time! Because it is a drop-in group if nobody shows up by 6:40pm, group will be cancelled and resume the following Monday. To drop in, please click on the following link ([Healthy Youth Development for Parents](#)) or scan the QR code with your smart phone's camera to be connected. Note: Links will only work during the time group is set to start/be in progress.

**Description:** Adolescence is a time of radical change perhaps unmatched since early childhood. Join us to explore how healthy youth development principles and concepts can serve to promote improved communication, collaboration and harmony in your home, and in your relationship with your young person.

**Questions:** Please reach out to T. Crandall at [tccrandall@lwsd.org](mailto:tccrandall@lwsd.org) with any questions or concerns trying to connect!



## TUESDAY

**Group Title:** Coping with Anxiety and Depression

**When:** Our first group will be Tuesday, September 15<sup>th</sup> from 3-4pm.

**Recurring Time:** Every Tuesday from 3-4pm

**Status:** Open to all LWSD high school students - open-ended, the material may loosely build on info taught from the previous session but nothing that students can't just drop in and out each week as needed without needing to commit to every week.

**Sign Up:** Drop-in. Group starts promptly at 3pm, so please do your best to be on time! Because it is a drop-in group if nobody shows up by 3:10pm group will be cancelled and resume the following Tuesday. To drop in, please click on the following link ([Coping with Anxiety and Depression](#)) or scan the QR code with your smart phone's camera to be connected. Note: Links will only work during the time group is set to start/be in progress.



**Description:** The pandemic has likely exacerbated your mental health issues. Come to this group to get some education as well as support around alleviating the symptoms of depression and anxiety in your day to day life. Each session focuses on an intervention or coping skill.

**Questions:** Please reach out to Suzanne Campiche at [c-scampiche@lwsd.org](mailto:c-scampiche@lwsd.org) with any questions or concerns trying to connect!

## WEDNESDAY

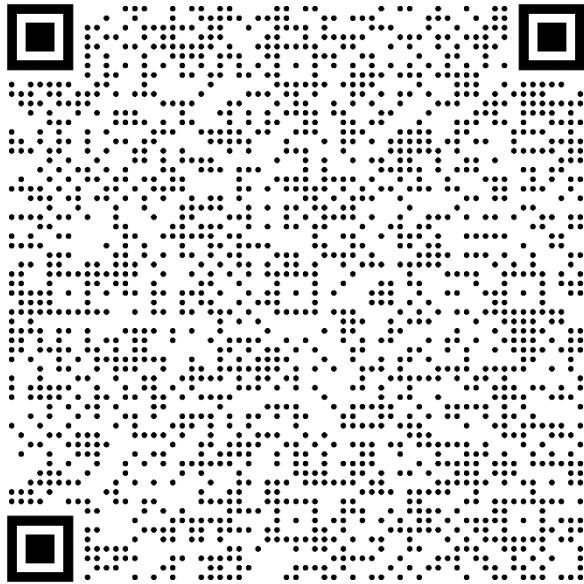
**Group Title:** Mid-week Mindfulness

**When:** Our first group will be Wednesday, September 16, 2020 from 10:00--10:30 a.m.

**Recurring Time:** Every Wednesday from 10:00--10:30 a.m.

**Status:** Open group for all LWSD HS students

**Sign-Up:** Drop-in. Group starts promptly at 10, so please do your best to be on time! Because it is a drop-in group if nobody shows up by 10:10 group will be cancelled and resume the following Wednesday. To drop in, please click on the following link ([Mid-Week Mindfulness](#)) or scan the QR code with your smart phone's camera to be connected. Note: Links will only work during the time group is set to start/be in progress.



**Description:** Online school and continued social distancing is hard! Join us each Wednesday for a mid-week mindfulness activity. Mindfulness is the act of consciously focusing your mind in the present moment without judgment and without attachment to the moment (Linehan, 2015). It can help us become more aware of what is going on for us internally and externally. We become more present to the “right now”.

**Questions:** Please reach out to Hannah Harrison at [C-HHarrison@lwsd.org](mailto:C-HHarrison@lwsd.org) with any questions or concerns trying to connect!

## THURSDAY

**Group Title:** Self Care and Coping with COVID 19

**When:** Our first group will be Thursday, September 24 from 2:30-3:30 p.m.

**Recurring Time:** Every Thursday for 7 weeks (9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/4) from 2:30-3:30 p.m.

**Status:** Open group for all LWSD HS students

**Sign-Up:** Drop-in. Group starts promptly at 2:30pm, so please do your best to be on time! Because it is a drop-in group if nobody shows up by 2:40pm group will be cancelled and resume the following Thursday. To drop in, please click on the following link ([Self Care and Coping with COVID-19](#)) or scan the QR code with your smart phone's camera to be connected. Note: Links will only work during the time group is set to start/be in progress.

**Description:** Online school and continued social distancing is hard; students, staff and families more than ever before are experiencing increased levels of stress, anxiety, and isolation. Join us on Thursdays to discuss, support and build skills for coping with COVID (Curriculum adapted from TRAILS - TrailsToWellness.org)

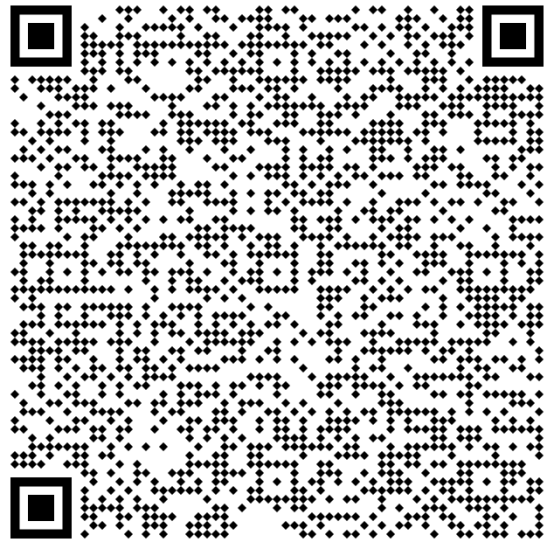
Sessions 1 Introduction

Session 2: Gratitude

Session 3 and 4: Emotions and Relaxation

Session 5 and 6: Worried Thoughts

Session 7: Getting Active



**Questions:** Please reach out to Lindsay McMeins at [C-LMcMeins@lwsd.org](mailto:C-LMcMeins@lwsd.org) with any questions or concerns trying to connect!

## FRIDAY

**Group Title:** Parents' Support Group

**When:** Our first group will be Friday, September 25 from 6:30-7:30pm

**Recurring Time:** Every Friday from 6:30-7:30pm until November 20<sup>th</sup>

**Status:** Open group for all parents of an LWSD HS student

**Sign-Up:** Drop-in. Group starts promptly at 6:30pm, so please do your best to be on time! Because it is a drop-in group if nobody shows up by 6:40pm, group will be cancelled and resume the following Friday. To drop in, please click on the following link ([Parents' Support Group](#)) or scan the QR code with your smart phone's camera to be connected. Note: Links will only work during the time group is set to start/be in progress.



**Description:** Parenting can be a simultaneously fulfilling and confounding experience. This group will provide you with an opportunity to discuss parenting tips and “hacks,” and to share in your successes and struggles in a supportive environment with other parents.

**Questions:** Please reach out to T. Crandall at [TCCrandall@evergreenhealthcare.org](mailto:TCCrandall@evergreenhealthcare.org) with any questions or concerns trying to connect!