

# LWSD Winter Groups

Groups will begin the first week of January and extend until April 2



All groups are drop-in. Group starts promptly, so please do your best to be on time! Because it is a drop-in group if no one attends within ten minutes, the group will be cancelled and resume the following week.

Links will only work during the time group is in progress. Groups are available for both LWSD high school students and parents/guardians. See group descriptions for more information. Some of the topics we can cover include, but are not limited to:

## “Help, I Didn’t Sign My Child Up for Virtual School!”

**When:** Tuesdays, 6-7pm

**Audience:** Open group for all LWSD HS parents and guardians

**To Drop In:** <https://bit.ly/3bBRUKh> or [scan the QR code](#)



**Description:** Most parents never imagined becoming a teacher overnight. COVID has changed our world in so many ways. The classroom moved into our homes and our kids are struggling with this transition. Parents want to support their kids, but in many cases do not have the skills or patience to assist with online learning. This drop- in group will provide you with an opportunity to discuss parenting tips and to share your successes and struggles in a supportive environment with other parents.

**Any Questions?** Contact Julie George at [c-jgeorge@lwsd.org](mailto:c-jgeorge@lwsd.org).

## General Support Group during the pandemic and virtual schooling

**When:** Wednesdays, 2-3pm

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

**To Drop In:** <https://bit.ly/2KilsSc> or [scan the QR code](#)



**Description:** Online school and continued social distancing is hard; people more than ever before are experiencing increased levels of stress, anxiety, and isolation. Join us on Wednesdays to connect with fellow students and share, get some ideas for how to cope with isolation, the pandemic, boredom at home, stress, anxiety and depression! Group will be tailored to student interests based on attendees.

**Any Questions?** Contact Suzanne Campiche at [c-scampiche@lwsd.org](mailto:c-scampiche@lwsd.org)

### Art during the time of COVID-19

**When:** Wednesdays, 12:30-1:30pm

**Audience:** Open to all LWSO high school students

**To Drop In:** <https://bit.ly/3bAWfh1> or **scan the QR code**



**Description:** Creating lets you explore the deepest parts of yourself, where words do not exist. Being creative is more than just a fun activity. It is an active way to keep your body and brain healthy. Researchers have found that doing basic artistic activity increased blood flow to the brain's reward center. It has also been shown that when people are actively engaged in a craft or art-making, breathing becomes more regular, heart rate and blood pressure decrease, and that the stress hormone, cortisol, is reduced. Come join us virtually during lunchtime on Wednesdays for a fun weekly craft using materials that you can find around your home, and share about how you are surviving during this time.

**Any Questions?** If you think you will have trouble gathering the materials for our weekly craft, please reach out to the social worker associated with your school for assistance:

Suzanne c-scampiche@lwsd.org (Eastlake)

Lindsay c-lmcmeins@lwsd.org (Lake Washington & Juanita)

Julie c-jgeorge@lwsd.org (Redmond)

### Wrap Around Support

**When:** Thursdays, 2:30-3:30pm

**Audience:** Open to all LWSO high school students

**To Drop In:** <https://bit.ly/3qmygGf> or **scan the QR code**



**Description:** During this time of remote learning, connect virtually with fellow students to explore healthy relationship, mindfulness, trauma responses, skill building and generalized support, developing principles and concepts that serve to promote improve communication and relationship.

**Any Questions?** Contact Lindsay McMeins at c-lmcmeins@lwsd.org

