

Virtual Support Groups

August 2022

Stress Check-In: Creating Connections that Matter

Date: Tuesday, August 2

Time: 3 - 3:30 pm EST

Having a strong support network is good for your emotional wellbeing and helps during times of adversity. Learn strategies to discover new connections that bring meaning and value to your life. Be encouraged to intentionally reinforce those powerful connections that already exist. Participation is anonymous.

[Click here to register](#)

Parenting Check-In: Promoting Your Adolescent's Social & Emotional Health

Date: Wednesday, August 10

Time: 2 - 2:30 pm EST

Your teen's ability to manage their feelings, cope with circumstances and adjust their mindset is critical to their ability to thrive. Participants will learn skills to encourage their teen's social & emotional wellbeing and learn where to turn should difficulties develop. Participation is anonymous.

[Click here to register](#)

Grief Check-In: Losing a Good Friend

Date: Thursday August 25

Time: 10:30 - 11 am EST

The ending of a good friendship regardless of the circumstances can result in feelings of loss. Participants will learn the effects of losing a good friend and how to cope with such loss. Your participation cannot be identified. Participation is anonymous.

[Click here to register](#)
