

THE HAVEN 2020–2021 GROUPS

<https://tinyurl.com/HavenGroups>

Relating to Peers: The How To's of Social Connections

Guiding adolescents in building bonds and staying connected with their peers

LGBTQIA+ Support Group

Providing a safe space for LGBTQIA+ students to discuss and navigate issues

Grief Support Group

Supporting students in times of crisis

Juggling it All: Stress Management Support Group

Learning strategies to manage stress levels, especially during the pandemic

Dealing with Feelings

Allowing students the opportunity to understand and explore their emotions

Mindful Meditation

Focusing on the present moment and instilling serenity into our daily lives

Navigating Adolescent Years

Making sense of the challenges that arise during adolescence (e.g. friends, school, relationships, family)