



High School Support Group

When will I get to see my friends again? School was hard before this, how will I survive now? Will I still graduate? Will we have prom?

These are some questions many High School Students are struggling with each day. The current public health crisis continues to test all of us, and High School students have their own set of unique challenges.

Managing their responsibilities, coping with the loss of normalcy, and maintaining their mental health - Tanager Place is here to help!

Join us for a free, virtual support group for High School Students!

- Connect with other teenagers looking for support
- Learn strategies to cope with social distancing
- Safe space to discuss your needs and challenges
- Improve your ability to adapt to the "new normal"

Join us Wednesdays at 12:00 PM via Zoom .

All High School students are welcome to join.

(Not required to be a Tanager Place client.)

Groups Start Wed April 15

For information and link to join contact:

Kristin Thom at kthom@tanagerplace.org.

Tanager Place Virtual Support groups take the safety of all very seriously.

To ensure virtual support groups are a safe place, the following protocols will be followed:

1. Only the Tanager Place Host can control chat access
2. Only the Tanager Place Host can screen share
3. If necessary, the Tanager Place Host can control the mute function
4. The Tanager Place Host will remove an individual from the session for not following group norms.

****Virtual Support Groups are 100% voluntary, If at any time you are uncomfortable during a group session, you have the ability leave the session.****

