



STUDENT SUPPORT GROUPS

My role with SRPSD is to provide online support for students across the division. Over the past couple of months, I have provided weekly group sessions for students at the Distance Learning Centre and will be expanding this support to students in the rural areas of SRPSD beginning in March.

ABOUT THE GROUPS

The support groups are a perfect opportunity for students to socialize with others in a non-academic setting. The goal is to support the social and emotional needs our students through an online platform.

TOPICS

- Healthy Boundary Setting
- Identifying Emotions
- Managing Emotions
- School- Life Balance
- Self-care
- Depression & Anxiety
- Eating Disorders
- Self - Esteem
- Self- Love

GROUP SCHEDULE

**Grades 1-3
Mondays
@
1PM**

[Click here to
Join](#)

**Grades 4-6
Wednesdays
@
1PM**

[Click here to
Join](#)

**Grade 7 & 8
Mondays
@
11:30 AM**

[Click here to
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**Grades 9-12
Wednesdays
@
11:30 AM**

[Click here to
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