



PEER SUPPORT GROUPS

In collaboration with our community partners, MVRHS is offering several peer groups to support our students. **Guardian permission is required for all groups.**

If you would like to sign up or if you have any questions please email alilavois@mvrhs.org.

GRIEF SUPPORT

Hospice of MV is offering a weekly grief support group intended for students who have experienced the death of someone close to them. This four-week group will be led by Jill Demeny, LCSW and Amanda Zoref, LICSW. If you have further questions, please contact Amanda or Jill at 508-693-0189. **This group began Friday, November 3 during flex but is open to new students.**

ALATEEN

Alateen is a place where students who have been affected by someone else's drinking come together to share experience, strength, and hope. Utilizing Twelve Steps and Alateen's Twelve Traditions students support each other and find holistic ways to cope. **This Group meets weekly during Flex.**

BEYOND TRAUMA HEALING

A bi-weekly trauma and healing peer support group facilitated by CONNECT designed to help students cope and feel grounded in a holistic, safe, and mindful way. Facilitators focus discussions on trauma and its residual impact. Students gain understanding of themselves through a trauma-informed lens leading to empowerment, growth, and self-love. **Group meets after school every other Thursday, starting Dec 7th. An intake with CONNECT is required.** Please email jrosen@mvcommunityservices.org.

MENTAL WELLNESS & SKILLS

A bi-weekly psychoeducation and skills-building group facilitated by CONNECT is designed to help students learn or refresh practical skills to help cope in a holistic, safe, and mindful way. Topics explored help build a mental health "tool-kit". Students may identify as trauma survivors but self-disclosure is not necessary for group participation. **Group meets during Flex every other Thursday starting Dec 14th. An intake with CONNECT is required.** Please email jrosen@mvcommunityservices.org.