



## Supporting Mental Health for High School Students during Remote Learning

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360 Youth Services High School Students Support Group is a free *one-time* support group for teens navigating the impacts and stress of remote learning. You will gain insight from hearing the challenges/successes of others and will be provided a space to understand the mental health impact of missing these events.

360 Youth Services High School Student Support Group is facilitated by trained clinicians and developed to ensure that everyone receives the support they need during these uncertain times.

What you can expect:

- Free of cost
- One-time, 60 minute long facilitated support group
- Developed for those who have missed the high school life milestones and experienced stress from remote learning
- Confidential

### Registration

We will be offering *virtual* groups through Zoom to accommodate varying schedules and dates are *Wednesday, October 14<sup>th</sup> (5:00pm)* and *Tuesday, October 20<sup>th</sup> (7:00pm)*. To register, please complete the Microsoft Form listed in the link below.

[360 Youth Services High School Support Group](#)