

UPCOMING Groups

Meridian BHS Child and Family

Groups start Sept. 14th and run for 8 weeks

Monday 3-4 p.m.

Allyways

Support for allies and members of the LGBT community. Ages 13-17 Gentry.Hamrick@meridianbhs.org or stefanie.lagan@meridianbhs.org

Rise Above

Learn to use resiliency skills to RISE ABOVE anxiety symptoms. jay.ruebel@meridianbhs.org or Bianca.aufiero@meridianbhs.org

Monday 4-5 p.m.

Tuesday 3-4 p.m.

Calm & Focused Kids

Using mindfulness activities to notice what is happening inside and shape emotions. For elem. aged kids juleah.berliner@meridianbhs.org or sandra.vanhorn@meridianbhs.org

Acting Up

Join us to have fun and practice our social skills together with a little bit of acting and "drama". Grades 5-8 Jamie.thomas@meridianbhs.org

Tuesday 4-5 p.m.

Wed. 3:30-4:30 p.m.

Fun w/Feelings

Teaching elem. aged kids about emotions and feelings and how to deal with big ones. Kaitlyn.moody@meridianbhs.org or siera.mason@meridianbhs.org

Groups will be available via tele-health. Please email the clinician leading the group for the Zoom link.