



Meridian BHS CARES Virtual Child Services Class Schedule

Classes are offered using ZOOM: Free internet-based program, easy to download on cell phones and computers, HIPAA compliant to protect confidentiality

Enrolled members are eligible to attend any class and can email the facilitator to gain access information for each class

If you would like to become enrolled or have questions regarding access to virtual classes, please call our main office 828-631-3973

Wednesdays

Acting Up

Uprising 5th-8th graders

Using performing arts as a learning platform, participants can learn effective goal setting, problem solving, and emotional regulation skills.

jamie.thomas@meridianbhs.org

Coping with Grief and Loss

Available to youth grades 9-12

2:30PM-3:30PM

madison.ericksen@meridianbhs.org

Thursdays

Parenting Support Group

3:00PM-4:00PM

abby.walker@meridianbhs.org