

Sanctuary

Sanctuary for our newly arrived or bi-cultural students.

It is a safe place to ask questions and share experiences.

Group topics will include:

- Organizational skills
- Tech support (limited)
- Building relationships
- Coping mechanisms
- Resource connection



And as an added bonus we will have a 10-minute English focus lesson each group.



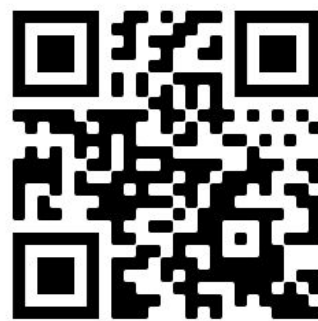
Meets every Thursday from 11:30-12:20
for 6 weeks, through zoom

Starts Oct 22nd

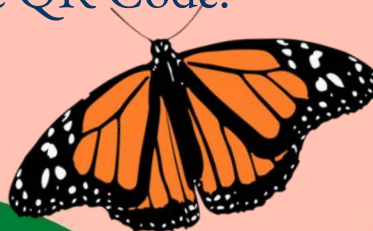
Questions?

Please contact Marisa Diaz
(marisa.diaz@smusd.org)

Register using the QR Code.



<http://bit.ly/smusdgroups2021>



Mental Health Systems in collaboration with SMUSD will be
facilitating this group.
MHS is a 501(c)(3) non-profit corporation. © Mental Health Systems
Funded by: San Diego County Probation Department