

MPHS Support Groups for students

(2nd semester groups starting mid-February)

**** LGBTQIA+ GROUP** A safe place for teens to build community

**** ALATEEN MEETING** For teens impacted by friends or family members drug/alcohol use

**** GUYS GROUP** A place for guys to check in & chat about life

**** GIRLS GROUP** A place to make connections & chat about life

**** COPING WITH SADNESS or LOSS** A safe place to talk about stress, depression or loss, & practice helpful coping skills

~ALL groups ask members to respect each other's confidentiality. In addition, all group leaders are trained adults for the safety of all students~

Please let your counselor or Mrs. Milnor know if you are interested in being connected to any of these groups

Christine_milnor@msvl.k12.wa.us or call 360-965-2021 or text 360-227-7136