TF North High School

SOCIAL EMOTIONAL GROUP SESSIONS

Sign up for weekly sessions on Monday, Tuesday.Thursday and Friday 2-3PM. Use the QR code to sign up below.

SESSIONS AVAILABLE

ANXIETY - TIME MANAGEMENT – MINDFULNESS - RELATIONSHIP RESTORATIVE - JUSTICE EMOTION MANAGEMENT - MANAGING YOU TIME - WHAT IS TIME MANAGEMENT? - OVERCOMING PROCRASTINATION DEALING WITH DISTRACTIONS - HOW TO PRIORITIZE - TIME MATRIX - MINDFULNESS - RESOLVING CONFLICT - COMMUNICATING EFFECTIVELY - RELATIONSHIP - UNDERSTANDING RELATIONSHIPS - PROBLEM SOLVING TECHNIQUES - PEER RELATIONSHIPS - RESTORATIVE JUSTICE - PROBLEM SOLVING TECHNIQUES -MANAGING ANGER IN CONFLICT SITUATIONS - MANAGING STRESS AND MORE

If you need help call the Thornton Fractional District 215 Student Assistance Program Mental Health Hotline at 708.889.5899 for consultation, support, and/ or referrals Monday -Friday 3:30 pm until 6:00pm.