

# LWSD Spring Groups

Groups will begin the week of April 26  
and end the last week of school



All groups are drop-in. Group starts promptly, so please do your best to be on time! Because it is a drop-in group if no one attends within ten minutes, the group will be canceled and resume the following week.

Links will only work during the time group is in progress. Groups are available for both LWSD high school students, parents/guardians, and teachers/staff. See group descriptions for more information.

## Student Support Group

**When:** Wednesdays

**Time:** 2-3pm

**Audience:** Open group for all LWSD students

**To Drop In scan the QR code:**



**Juanita High School**

[Click here to join the meeting](#)



**Lake Washington & Eastlake High**

**School** [Click here to join the meeting](#)



**Redmond High School**

[Click here to join the meeting](#)

**Description:** This past year has been extremely difficult during this pandemic: isolating at home, social distancing, and not being able to go to school. Some students plan to return to the building and others plan to stay home. Regardless, this transition is difficult and students, more than ever, are experiencing increased levels of stress, anxiety, depression, and isolation. Join us virtually on Wednesday afternoons to connect with fellow students for some extra support. We will talk about struggles and successes and get some ideas for how to cope with isolation, the pandemic, lack of motivation, stress, and anxiety. Group will be tailored to student interests based on attendees.

**Questions:** Contact Julie George at [c-jgeorge@lwsd.org](mailto:c-jgeorge@lwsd.org)

## Parenting Support: As We Transition Back to School

**When:** Tuesdays

**Time:** 6-7pm

**Audience:** Open group for parents and guardians of students at LWSD high schools

**To Drop In:** [Click here to join the meeting](#) or scan the QR code

**Description:** The COVID pandemic has created many challenges and unforeseen obstacles for parents.

This is an opportunity for parents and guardians to vent and talk about frustration and worry, as students transition back to in-person learning or whether they remain at home. This drop-in group will provide parents with an opportunity to discuss parenting tips and to share your successes and struggles in a supportive environment with other parents.

**Questions:** Contact Suzanne Campiche at [c-scampiche@lwsd.org](mailto:c-scampiche@lwsd.org)



## LWSD Staff and Teacher Support Group

**When:** Wednesdays

**Time:** 9am-10am

**Audience:** All staff/teachers from LWSD who work at Eastlake, Juanita, Lake WA, and Redmond high schools

**To Drop In:** [Click here to join the meeting](#) or scan the QR code

**Description:** During these unprecedented times of COVID, remote learning/education, and now with the transition to in-person learning, people are experiencing increased levels of stress, anxiety, depression, and isolation. Come join fellow school staff to vent and share ideas about how you are coping (or not!) at this time. This is an informal, conversational drop-in group.

**Questions:** Contact Molly Hart at [c-mhart@lwsd.org](mailto:c-mhart@lwsd.org)

