

# 2024-2025 GROUPS

Dear Seaford High School students and families, We are excited to inform you about small group experiences that will be offered this year at Seaford High School! Small groups provide not only the opportunity for additional learning experiences, but also a time of sharing and of growing together with fellow students. Small groups give students a chance to belong, a chance to express themselves, and the opportunity to benefit from the support of group members.

## COME JOIN US!

1

### **MINDFULNESS (EVERY OTHER WEEK):**

This group will focus on strategies to help students become more confident, learn how to address anxiety, stress, & fear, and how to become more mindful and self-aware.

2

### **SEAFORD STRONG (1 X PER MONTH):**

This is a group aimed toward students who are looking for support to manage adversity or challenges whether at home or school. This group will focus on developing support systems, bereavement support & coping strategies.

3

### **ART GROUP (EVERY OTHER WEEK):**

This group will allow students to express themselves through creative pathways. They will have the opportunity to share with others, as well as learning effective forms of art for coping.

4

### **NEW VIKINGS GROUP (1X A MONTH PLUS ADDITIONAL SOCIAL OPPORTUNITIES):**

This group will provide any student who recently enrolled in the Seaford school district an opportunity to make new connections and familiarize their way around campus.

5

### **TIME MANAGEMENT, ORGANIZATION, & STUDY SKILLS GROUP (1X PER QUARTER):**

This group will come together one time per quarter to learn strategies on finding academic balance.

6

### **BEAUTIFUL ME (3 SESSIONS):**

Beautiful Me (3x a year): Beautiful Me is the flagship program offered by Self-Esteem Rising. The program is divided into 3 parts. Each section is designed to emphasize a different aspect of self-confidence and self-care. A series of activities and discussions encourage and empower participants.

**IF YOU HAVE AN IDEA FOR A GROUP  
PLEASE LET US KNOW!**

[Sign Up By Clicking Here](#)