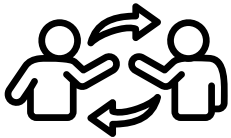


Our Student Assistance Program offers support groups where students can be themselves, share, listen, and grow together. It's a safe, private space to connect with others who truly get it and to learn real, effective tools that help you feel stronger, more confident, and ready to move forward.



ANGER MANAGEMENT

- Anger is a normal feeling, but it can become a problem when it gets too big or hard to control. This group helps students understand their emotions, manage anger in healthy ways, and build stronger relationships, all in a safe, supportive space with real strategies they can use every day.



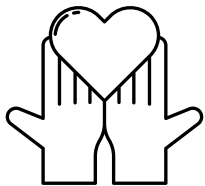
SOCIAL SKILLS

- Building friendships and getting along with others takes practice — and this group makes it fun! Students will grow their confidence and social skills through games, activities, and role-plays, learning how to start conversations, read social cues, handle conflict, and work as a team.



STRESS MANAGEMENT

- This group helps students understand stress and learn healthy ways to manage it. Through fun activities and practical tools like breathing exercises, time management, and mindset shifts, students will build confidence and feel more in control, in a calm, supportive space.



GRIEF & LOSS

- Loss can bring up a lot of big, confusing emotions — and no one should have to face them alone. This group offers a safe, caring space to talk, share, or just be. Through creative activities and support from others who understand, students will explore healthy ways to cope and discover that healing is personal — and that's okay.



CONFLICT RESOLUTION

- Disagreements are part of life, but learning to handle them calmly and respectfully makes all the difference. In this group, students will practice managing emotions, speaking up, listening, and solving problems in healthy ways. It's all about turning conflict into an opportunity to grow.



CHANGING FAMILIES

- Families change, through divorce, separation, remarriage, or moving homes, and that can bring up a lot of emotions. This group offers a safe space to talk, share, and learn healthy ways to cope with family changes, all with support from others going through something similar.



TEEN ISSUES

- Being a teen isn't easy: from school stress to friendships and everything in between. This group gives students a safe, judgment-free space to talk, share, and build healthy ways to cope with life's challenges together.



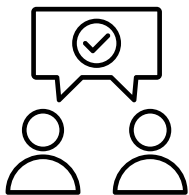
RESILIENCY SKILLS

- This group helps students build resilience: the ability to bounce back when life gets tough. With support, tools, and a positive mindset, students will grow stronger and more confident through life's ups and downs.



STRONG ROOTS (for students dealing with addiction at home)

- Addiction in the family can be confusing and painful but you don't have to go through it alone. This group gives students a safe space to talk, learn, and find support while building strength and healthy ways to cope.



SPEAK UP (Effective Communication Group)

- This group helps students build confidence in how they communicate by learning to speak clearly, listen well, and understand others. Through practice and support, students will grow strong, respectful communication skills they can use every day.

For More Information:
Contact your school counselor or
Contact our SAP Team at inspire@inwellnessllc.com



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