



WELLNESS GROUPS

Life is *tough* right now, and we want to acknowledge that.

From the coronavirus pandemic, to issues of systemic racism, California wildfires, unemployment, politics in America, and each of our personal stressors in between, 2020 has hit us with a lot.

Your Terra Nova Wellness Team is here to support you. Although we may not have all the answers, we want to provide a drop-in space for students and families to feel connected and heard during these stressful times.

For that reason, we will be providing after-school drop-in groups for students and a lunchtime group for parents and families. We are also available for individual sessions.

Terra Nova Drop-In Groups

Wednesdays @ 12pm: Parent/Family Support Group

Wednesdays @ 1:30pm: Grief, Loss, and Transitions Group

Thursdays @ 1:30: Coping Skills Group

Please contact Jac Warner jwarner@juhsd.net or Ponder Goddard pgoddard@juhsd.net for Group Zoom info

To schedule an individual Wellness appointment, please fill out the [Wellness Request Form](#)