

WELLNESS WEDNESDAYS GROUP

- Contact Heather Brown-Huston, LAC
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Join the Wellness group

- Manage stress
- Cope with pressure
- Find balance in your life

Build new skills

- Mindfulness
- Coping techniques
- Creativity
- Developing support
- Having fun

-Stop into the new Student Center in the Guidance Suite to find out more.

-Parent permission slip is required to participate in student groups at the center.

- Free support service for students, provided through Tenafly School District & Care Plus NJ.