

# 8th grade Groups with Mrs. Conner

**Lunch Days  
1/2 and 3/4**

## In the Middle

Join the chat! Discuss a variety of common topics in middle school, such as navigating friendship drama, academic stress, emotional regulation, self-esteem, and bullying concerns.



**Beginning  
Week of 2/10**

## Moving up

A group specifically designed to help middle school students prepare for the academic, social, and emotional changes they will face when moving to high school, often including activities like familiarizing them with the new school layout, introducing them to high school expectations, and providing support for navigating potential social challenges.

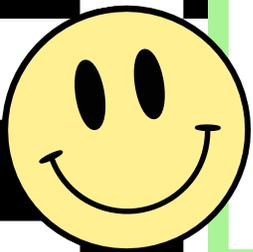
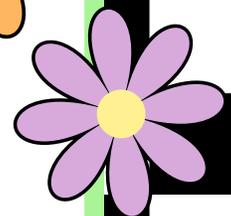
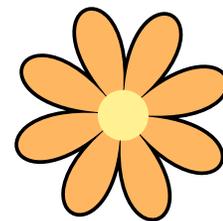
**Beginning  
Week of 2/10**



## Grief to Growth

Students will be provided an opportunity to safely express their grief and to understand that they're not alone in their struggles. This group will also help students process their grief, develop coping skills, and learn how to regulate their emotions.

**HIGHSCHOOL**



Interested in joining a group?  
Send Mrs. Conner an email to sign up!



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