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Everyone needs a safe place to talk, to share their feelings and challenges with supportive peers.

These groups, facilitated by Mrs. Jennings, LCSW are to assist you in understanding and expressing your thoughts, feelings, explore relationships, increase awareness and esteem, and help you to gain a sense of control in your life.

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## Hotlines

**Middle Earth**  
**(516) 679-1111**

**Online Counseling**  
**[www.licconline.org](http://www.licconline.org)**

**Text Counseling**  
**Text LICC to**  
**839863**

**Suicide**  
**Prevention**  
**1800-273-8255**

**In Case of an**  
**Emergency**  
**911**



## Information

***St. Dominic***  
***High School***

**110 Anstice Street**  
**Oyster Bay, NY 11771**

**Phone: 516-922-4888 ext.**  
**5122**

## *Support Groups*

### **Bereavement Group**

Whenever we encounter the death of a loved one, it can be a time of great sadness and confusion. The group will help you to identify grief reactions, discuss your feelings and changes you are experiencing while learning effective coping skills and self care skills while maintaining the memory of your loved one.

### **Divorce/Separation**

Many families experience separation or divorce. This family situation often affects other areas of our lives. We sometimes feel anger and guilt and even depression because of separation or divorce. In this group, we will spend time together with others who are going through similar experiences and gain strength from one another.

### **Relationships**

All relationships go through challenges. Whether you are dealing with the pain of a relationship that ended, want to deepen others in your life, or you just want to connect, this group will serve as a source of support.

### **Safe Alternative**

There are some young people who find it difficult to cope with stress, pain or life situations. This group helps teach ways to deal with uncomfortable emotions and situations in healthy and effective ways.

### **Stress Reduction**

Learn skills and techniques to reduce your stress and live productively in spite of anxiety. Practice relaxation techniques, positive self talk and other skills while you receive peer support.

### **Discussion Group**

Guided discussion group to help lower stress, problem solve, improve esteem, communicate more effectively and ease social interactions.

If you are struggling with substance abuse, an eating disorder, living with family members mental or physical illness, or dependency issue, or any other issue and would like help, please see Mrs. Jennings.

