

Happy Holidays Memorial Mustangs,

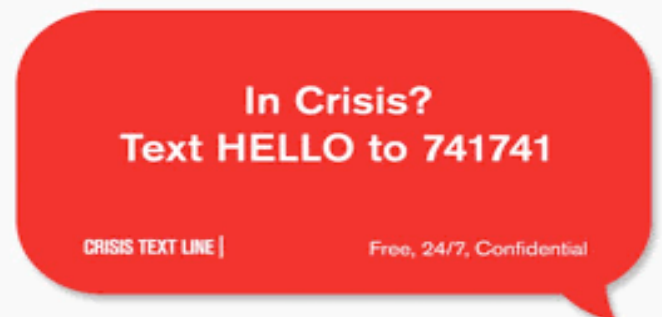
We hope that each of you are doing well this holiday season! We can't believe it's already half way through the school year! We hope your classes are going well and you've been able to practice your self-care. Please come stop by the Wellness Counselors offices to learn more tips on how to better manage stress this time of year!

The Wellness Counselors offices are located in Green Office (G209 &G213)!!
As always, please make sure to have a pass.

Resource of the Month is: Transition Year

Transition year is a roadmap to emotional health and wellness in college. The Transition year is an online resource center to help parents and students focus on emotional health before, during and after the college transition

Go online to: transitionyear.org



Transition Year information?

- Transition from high school to College is a huge change that can be Exciting and stressful
- This website helps you chose a college which fits you
- Helps you with resources on different college campuses
- Gives you important knowledge on what college students can expect
- Teaches you important wellness services provided on different college campuses
- Give you tips and tools to help prepare you for college life
- Helps you adjust to student life, manage stress, stay emotionally healthy and look out for yourself and your friend
- Gives advice for dealing with stress and emotional issues



Lunch Groups **Coming January 2018!!!**

Girls Group (Tuesdays, 11:25-1:10):

A weekly group offered to our female students, 9-12th, that want to empower and support each other.

- ❖ Where: MPR (Multi-Purpose Room) during your lunch time.

Boys Group (Thursdays, 11:25-1:10):

A weekly group offered to our male students, 9-12th, that want to meet new people and have a supportive network

- ❖ Where: MPR (Multi-Purpose Room) during your lunch time.

If you or anyone you know could benefit from this group, please see **Ms. Sophie or Ms. Amanda in Green Office (G200)** for more information.