

# Small Groups for Mental Health and Wellness.

We are looking into offering small groups for students this spring semester. If you are interested in any of the groups below, please scan the QR code to sign up and I will be in contact when we have enough participants signed up to start the group. If you have any questions, please contact Ms. Pesavento at [Apesavento@murrieta.k12.ca.us](mailto:Apesavento@murrieta.k12.ca.us).



Stress  
management  
and coping



Grief and  
Loss



Anxiety

