



Join one or more of our January Virtual Events to help support your emotional and mental health!

# Virtual Groups for Kids, Tweens, & Teens

## January 2023 Schedule

### >> Jan 9 @ 5:30 pm. Setting Boundaries within Friendships

Target Audience: Middle Schoolers

Link to Register: <https://bit.ly/3WfvnaT>

### >> Jan 16 @ 4:30. What are Feelings?

Target Audience: K-2nd Grade

Link to Register: <https://bit.ly/3FG8eal>

### >> Jan 23 @ 5:00. Building Confidence Socially and Academically

Target Audience: High School

Link to Register: <https://bit.ly/3FJwzw1>

### >> Jan 30 @ 5:30. Internet Safety for Social Media

Target Audience: Middle School

Link to Register: <https://bit.ly/3v7hmjC>

### >> Jan 12 @ 4:30. Setting Boundaries within Friendships and Dating

Target Audience: High Schoolers

Link to Register: <https://bit.ly/3FM3WOZ>

### >> Jan 19 @ 5:30. Building Confidence In and Out of School

Target Audience: Middle School

Link to Register: <https://bit.ly/3WywKRD>

### >> Jan 26 @ 4:30. How to deal with Big Feelings

Target Audience: 3rd-5th Grade

Link to Register: <https://bit.ly/3GhcaA9>

SPARC is pleased to present these virtual trainings through the support of MeckHope. These groups are open to any school aged youth in Mecklenburg County.

- **Registration is required.**
- The groups are limited to 8 individuals.
- Click on the link to register to register to attend any event you're interested in. Registration closes 2 hours prior to an event beginning.
- **Parent/Guardian consent is required for any youth to participate.** The link to the consent form is included here and with the registration. You only need to complete the consent one time, not for each group attended. <https://sparcprograms.net/meckhope-consent/>
- If you register for an event and we do not have the completed consent form 2 hours prior to the event, you will be contacted by the facilitator and will not be allowed to join the event.
- Each month, there will be a new series of group topics to choose from.
- You can participate in as many groups as you wish