



ONLINE SUPPORT GROUP

HOLDING STEADY: A REFLECTIVE SPACE FOR COUNSELORS

Complimentary Online Support Group for School Counselors

We invite school counselors to join this psychologically informed space to pause, ventilate, and recalibrate. This is a facilitated online support group that offers a confidential, reflective space.

In times of regional instability, school counselors often find themselves holding far more than their normal role. You are supporting children's fears, responding to parents' concerns, maintaining continuity in learning — all while navigating your own uncertainty.

You do not have to carry this alone.

BENEFITS OF COUNSELORS JOINING THIS SUPPORT GROUP:

- Process the emotional impact of current events
- Share the pressure of supporting students and families
- Reduce isolation by connecting with peers facing similar challenges
- Strengthen psychological containment skills for the classroom
- Explore practical strategies for managing anxious children and parents
- Reflect on boundaries, self-care, and sustainable coping
- Re-centre on steadiness and professional confidence

DATES AND TIMINGS:

Tues. 14th April:

9am - 10am (Dr. Daniela Salazar)

10am - 11am (Dr. Daniela Salazar)

Wed. 15th April:

2pm - 3pm (Dr. Tara Wyne)

FACILITATED BY:



Dr. Tara Wyne, DClInPsy
Clinical Psychologist
CLINICAL DIRECTOR



Dr. Daniela Salazar, PhD
Clinical Psychologist
EDUCATION DIRECTOR

REGISTRATION:

Please make one selection for your preferred date and register via the link provided above, or via our website. A Zoom link to the session will be shared in advance.

