



Dear THS Parents and Guardians,

Welcome to the Student Center! I am excited to start as Clinician at the Tenafly High School through CarePlus NJ School Based Services Program. Tenafly Public Schools formed this partnership with CarePlus NJ, which allows youth services to be provided to the school district for free. Part of my position is to facilitate after school small groups for student needs. Groups provide a supportive and fun environment for students. The goal is to support social, emotional, and academic growth throughout the school year and to help your child succeed. The fall schedule of groups at the THS Student Center is:

**Mondays “In Real Life”-** A group for students wrestling with the challenges of being a high school student, managing academic concerns, relationships with peers, parents and teachers, and multiple commitments. This is open to all students and will be topical, guided by student participants’ interests.

**Wednesday Wellness-** A group to introduce mindfulness, yoga, and other stress management and wellness techniques. Open to all students.

**Thursday Girls-** A group dedicated to building self-esteem, self-confidence and leadership in girls. Open to all female-identifying students.

**Tuesdays and Fridays Open Recreation-** students drop in to visit and relax at the end of the day, engage in conversation and stress management.

Each group will meet after school from 3:15-4:15 p.m. Topics will vary. The permission slip attached will need to be signed by parent(s) or guardian(s) and returned to the Guidance Office before your child can begin a group.

In addition to after school groups, there will also be one lunch group, weekly on Tuesdays in our student center in the guidance suite. This group will be co-facilitated by Susan Fenker, MS LCSW and Shira Goldstein, MSW Intern. This group is to increase adjustment and coping skills throughout one’s high school experience. This gives THS students the opportunity to interact, socialize, meet new friends in a safe and supervised setting.

Please be on the lookout for ongoing group information and do not hesitate to email me for additional information at [hhuston@tenafly.k12.nj.us](mailto:hhuston@tenafly.k12.nj.us). I look forward to helping your child to express their feelings in a positive way so they can be successful at school academically, socially, and emotionally.

**Warm Regards,**  
**Heather Brown-Huston, M.S., LAC**  
**CarePlus School Based Services Clinician**