

NEWSLETTER

PRINCIPAL

MICHELLE L. KEFFORD



5901 Pine Island Road,
Parkland, Florida, 33076



Phone: (754) 322 – 2150
Fax: (754) 322 – 2280



Website: browardschools.com/stonemandouglas
Updated Daily!

An "A" School of Excellence

Academics | Athletics | Clubs & Organizations



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SAC/SAF MEETING DATES

September 11	March 11
October 16	April 8
November 13	May 15
January 15	

All meetings are held at 3:15 pm in the Media Center.

IMPORTANT DATES

Schedule/ID/Textbook Pickup
Thursday, August 8th 2019
11th Grade: 9:00 – 10:30
12th Grade: 11:00 – 12:30 pm

Friday, August 9th 2019
9th Grade (Freshman Invasion): 8:00 – 10:00 am
10th Grade: 10:30 – 12:00 pm

Parking Decal Pickup
11:00 – 12:30 pm on Thursday, August 8th 2019

First Day of School for Students
Wednesday, August 14th 2019 (7:40 am start)

Open House
Tuesday, August 20th 2019 at 5:30 pm

Homecoming Game
Friday, October 11th 2019 at 7:00 pm
Homecoming Parade starts at 5:30 pm
Homecoming Spirit Week (10/7 through 10/11)

Homecoming Dance
Saturday, October 12th 2019 from 7:00 – 11:00 pm
Location: Harbor Beach Marriot

PRINCIPAL'S MESSAGE

PRINCIPAL MICHELLE KEFFORD

Hello Eagle Family,

It is truly my honor to serve this amazing community as your Principal.

As we begin a new school year, we will build upon the tradition of success and excellence that defines Marjory Stoneman Douglas High School. We will continue to work together to support our students, staff, parents, and community members in a safe and secure learning environment for all. We will ensure that a high level of rigor and expectations is inherent in all our programs and activities, inside and outside of the classroom. It is our mission to continually challenge our students to be the best they can be and to provide a multitude of resources and opportunities to help them reach their goals, develop into confident leaders, and succeed as productive members of society.

A true culture of excellence exists here, and I am so very proud to be surrounded by such an amazing group of students, parents, staff, and community members.

Please do not hesitate to reach out to me if I can be of assistance to you. I look forward to a wonderful school year and to seeing you soon!



Sincerely,

Michelle Kefford

Michelle Kefford
Principal

5901 Pine Island Rd
Parkland, FL 33076

Phone: 754 322 2150
browardschools.com/stonemandouglas

2019-2020 CALENDAR



STONEMAN DOUGLAS

2019-2020 SILVER (A) / BURGUNDY (B) DAY CALENDAR

AUGUST				
M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

SEPTEMBER				
M	T	W	TH	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

OCTOBER				
M	T	W	TH	F
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14	15	16	17	18
21	22	23	24	25
28	29	30	31	

NOVEMBER				
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11	12	13	14	15
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DECEMBER				
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23	24	25	26	27
30	31			

JANUARY				
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FEBRUARY				
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MARCH				
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23	24	25	26	27
30	31			

APRIL				
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MAY				
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JUNE				
M	T	W	TH	F
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8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

- # Day of Service/Love
- School Closed
- # Professional Study Day
- Exam Day
- # Early Release Day
- Teacher Planning Day

SILVER: Pds 1, 2, 3, 4
BURGUNDY: Pds 5, 6, 7, 8

For an accessible version of this calendar, visit browardschools.com/accessiblecalendar.

AUGUST				
M	T	W	T	F
			1	2
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12	13	14	15	16
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SEPTEMBER				
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OCTOBER				
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NOVEMBER				
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DECEMBER				
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30	31			

JANUARY				
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FEBRUARY				
M	T	W	T	F
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10	11	12	13	14
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MARCH				
M	T	W	T	F
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9	10	11	12	13
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23	24	25	26	27
30	31			

APRIL				
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MAY				
M	T	W	T	F
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25	26	27	28	29

JUNE				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

- Employee Planning (no school for students)
- Schools and Administrative Offices Closed
- Schools Closed
- Report Cards Issued
- Interim Reports Issued
- Early Release Day
- First and Last Day of School

Hurricane makeup days in order of preference: 10/17/19, 12/20/19, 2/20/20, 3/19/20, 4/9/20, 6/2/20



BELL SCHEDULES

Early Release and PSD (Professional Study Day) Bell Schedules



REGULAR BELL SCHEDULE

Period 1/5	7:40 – 9:10 am
Period 2/6	9:18 – 10:48 am
Lunch A	10:48 – 11:24 am
Period 3/7	11:32 – 1:02 pm
Period 3/7	10:56 – 12:26 pm
Lunch B	12:26 – 1:05 pm
Period 4/8	1:10 – 2:40 pm

SILVER DAY = Periods 1 – 4

BURGUNDY DAY = Periods 5 – 8

PICK UP & DROP OFF

- ✓ Before 7:15 am: students must be dropped off in front of the school and not in the bus loop.
- ✓ After 7:15 am: students can be dropped off in the bus loop on the East side of the building.

STUDENT SIGN OUTS

1. The person picking up the student must be on the permitted list.
2. Students can not be signed out after 2:10 pm sharp.

Send an email or fax with a copy of the parent's Drivers License, phone #, name of the student, time of dismissal, and method of transportation to: SDHsignouts@browardschools.com or fax to (754) 322-2199.

EARLY RELEASE SCHEDULE

10/17, 12/20, 2/20, 3/19, 4/9, 6/2

Period 1/5	7:40 – 8:49 am
Period 2/6	8:57 – 10:06 am
Period 3/7	10:14 – 11:23 am
Period 4/8	11:31 – 12:40 pm

Grab and Go Lunch

12:40 – 12:55 pm

Busses Depart 12:55 pm

PSD SCHEDULE

9/12, 10/3, 11/7, 12/5, 1/16, 2/6, 3/5, 4/2

Period 1/5	7:40 – 8:34 am
Period 2/6	8:42 – 9:36 am
Period 3/7	9:44 – 10:38 am
Period 4/8	10:46 – 11:40 am

Grab and Go Lunch

11:40 – 11:55 am

Busses Depart 11:55 am



ATTENDANCE

Attendance Counts – Every Day!



LATE TO SCHOOL

If your child is going to be LATE for school, please call Student Services at ☎ (754) 322 – 2163

BEFORE the student arrives on campus.

Then the student can pick up their LATE PASS in Student Services.

ABSENT FROM SCHOOL

If your child is going to be ABSENT from school, please call our hotline at:

☎ (754) 322 – 2152. For all other attendance issues, please call the school directly at (754) 322 – 2150.

EARLY SIGNOUTS

If you want to dismiss your child by FAX or by EMAIL or authorize an adult not on your emergency list to dismiss your child, write us an email/fax including a copy of the parent's Drivers License, phone #, name of the student, time of dismissal, and method of transportation to:

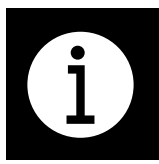
Fax: (754) 322 – 2199

Email: SDHsignouts@browardschools.com

NO SIGN OUTS AFTER 2:10 PM

PARENT CONFERENCES

If you want to speak to a guidance counselor or set up a parent-teacher conference, please call Guidance at ☎ (754) 322 – 2174.



QUICK REFERENCE

Phone Numbers and Websites



IMPORTANT PHONE NUMBERS

Main Office: 754-322-2150
 Absentee Hotline: 754-322-2152
 Guidance: 754-322-2174
 ESE Department: 754-322-2185
 Anonymous Tip line: 754-321-0911
 Wellness Center: 754-322-2266

PINNACLE INTERNET VIEWER

This application allows you to view your child's grades and attendance in real time. You will be able to see up-to-date assignment lists and grades earned on those assignments.

<http://gb.browardschools.com/Pinnacle/Gradebook/>

Username: your child's school ID number@my.browardschools.com

Password: your child's birth date Pmm/dd/yyyy

DOWNLOAD THIS

[SaferWatch Application](#)

If you see something, say something.

[FortifyFL Application](#)

Report suspicious activity to the appropriate school safety agencies.

[BCPS Mobile App](#)

Stay on top of your child's academic progress.



GRADUATION REQUIREMENTS

At a Glance

English	4 credits	9 th and 10 th grade FSA
Math	4 credits	Algebra I and Geometry require an EOC
Science	3 credits	Biology requires an EOC
Social Studies	3 credits	World History, Government/Economics, U.S. History requires an EOC
Fine Arts	1 credits	
Personal Fitness/PE	1 credits	
Electives	8 credits	
Total	24 credits	

- On-line course is required
- 40 hours of Community Service (silver chord = 250)
- Unweighted GPA = 2.0 or higher

Check the School Website for Daily Announcements

School Quick Links



PTSO

FAQ Sheet

MSD Support Link

MSD Media Center-Library Resources

Daily Announcements

CANVAS



COMMUNICATION

Keep Up on What's Going On!



We do our best to keep students, and families informed on important information and events at MSD through phone calls, emails, Remind 101 texts, twitter and our newly updated website! The following are ways to get even more informed!

- ✓ Visit the School Website Weekly (browardschools.com/StonemanDouglas)
- ✓ Sign Up for You Child's Remind Group (see below)
- ✓ Check out the Stoneman Douglas Twitter ([@MSDHighschool](https://twitter.com/MSDHighschool))
- ✓ Check Your Child's Pinnacle Weekly (sso.browardschools.com)
- ✓ Sign Up for the PTSO (contact: [Chanda James at MSDPresident@gmail.com](mailto:ChandaJames@MSDPresident@gmail.com))
- ✓ Join the SAC committee! (contact: Holly.A.Vantassel@browardschools.com)

Sign Up for Text Reminders!

Follow Us on Twitter!



Text the Number: [81010](tel:81010)

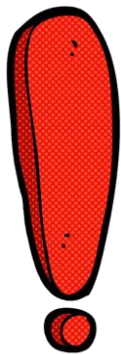
In the Message Type Your Child's Grade Code (in blue):

Freshman: [@2023msd](https://twitter.com/@2023msd)

Sophomores: [@2022msd](https://twitter.com/@2022msd)

Juniors: [@2021msd](https://twitter.com/@2021msd)

Seniors: [@2020msd](https://twitter.com/@2020msd)



Stay Engaged!

Research shows that family engagement in their child's education improves student achievement, reduces absenteeism, improves the child's social skills, behavior and performance on tests. Many parents allow students to take control of their education when they reach high school, but the parents' role during high school is more important than ever. Stoneman Douglas encourages all parents to get involved in their child's high school education! You can find a variety of information on staying up to date on your child's academic progress and extracurricular opportunities on the school website. Parents interested in providing input into the performance evaluations of (School Name) instructional and/or administrative evaluations many contact our office at (754) 322-2150 by April 10, 2020.



HOT TOPICS

MORE INFO

Always check the school website for more details.



BREAKFAST 1



Breakfast

Students and parents, breakfast begins at 7:15 am each morning.

It is free for all students, every day.

ATTENDANCE 2



Attendance Matters

Every school day counts!

Excuse your child's absence by calling our Attendance Line at 📞 (754) 322-2152.

F/R LUNCH 3



Free and Reduced Fare Lunch

Complete the application via MySchoolApps to receive Free/Reduced lunch as soon as possible. [Click here for more information.](#)

TUTORING 4



Free Tutoring After School

National Honor Society & Math Honor Society students are available in the media center beginning at 2:45 pm **Monday through Thursday** to help students!



MICROSOFT FREE!



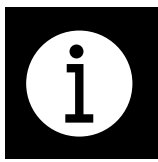
VISIT BROWARD SCHOOLS FOR MORE INFO

Visit the link below on the District website for more information on how to access and install the Office 365 suite for free as a Broward County Public Schools student.

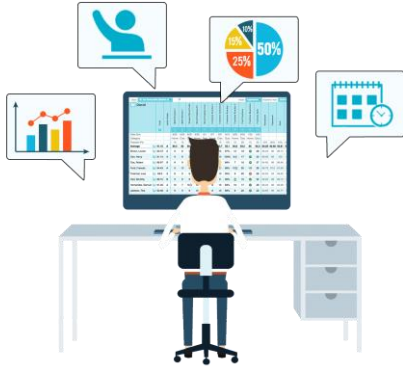
<https://www.browardschools.com/Page/38732>



Office 365 Education
Enhancing collaboration and productivity



ONLINE GRADEBOOK



Pinnacle

Monitor your child's grades and attendance using Pinnacle! Visit our school website at browardschools.com/stonemandouglas and click on Students & Parents from the top menu. Select pinnacle from the drop-down menu.



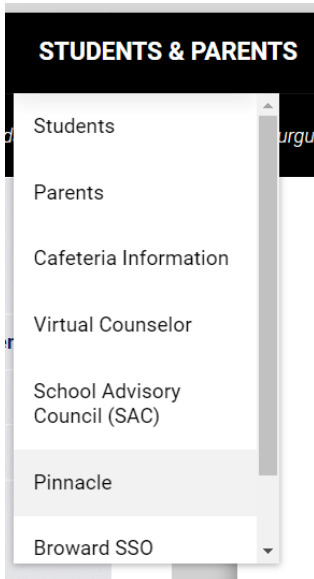
Automatic Notifications

Set up automatic notifications to inform you when your child has received a grade for an assignment.



Personal Access

Your child's login is separate from your own. You can not be locked out from seeing your child's grades.



Sign in

Students

If you are a student your login name should be in the **username@my.browardschools.com** format. If you have forgotten your password, please contact your teacher.



MEET THE ADMIN TEAM



Michelle Kefford
Principal



Jay Milmed
Assistant Principal

- ✓ Security
- ✓ ESE and CTE



Sandi Davis
Assistant Principal

- ✓ 12th Grade
- ✓ Social Studies
- ✓ Partners in Education



Tariq Qaiyim
Assistant Principal

- ✓ 9th Grade
- ✓ Science
- ✓ RTI



Daniel Most
Assistant Principal

- ✓ 10th Grade
- ✓ Security
- ✓ ELA/Reading
- ✓ PTSO



Daniel Lechtman
Assistant Principal

- ✓ Master Schedule
- ✓ Guidance
- ✓ PE/Health/JROTC

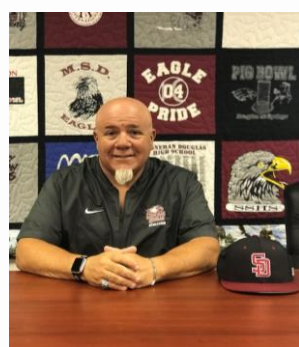


Ivette Figueroa
Assistant Principal

- ✓ 11th Grade
- ✓ Mathematics
- ✓ World Languages
- ✓ ESOL



Anna Koltunova
Behavior Specialist
Mathematics Support



Al Guzzo
Athletics Director
Activities Director



Veronica Ziccardi
Guidance Director



NEW ADDITIONS

////////////////////////////////////
We Have:

5 Instructional Support Positions:

- ✓ Mathematics
- ✓ Science
- ✓ Social Studies
- ✓ English
- ✓ Electives

Provide Help With:

- ✓ Curriculum
- ✓ Instruction
- ✓ Academic Interventions

16 Security Support Positions:

- ✓ 12 Campus Monitors
- ✓ 4 Security Specialists
- ✓ 4 School Resource Deputies

Guidance Grade Assignments:

A – D 9th - 11th : Ms. Michelle Chirichella

E – L 9th - 11th : Ms. Karen Marine

M – R 9th - 11th : Ms. Sherley Pierre

S – Z 9th - 11th : Ms. Sharon Dearen

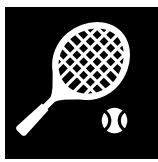
A – Z 12th : Mr. Jerry Turmaine

A – Z (504) 9th - 12th : Amy Richmond

Additional Support: Ms. Greist and Ms. Kusher

BRACE: Ms. Ana Farrand





SPORTS | ATHLETICS

Note: Athlete Registration Forms are completed on line (link on the school website). Completed forms are only good for one school year.

LOOK AT ALL THE OPTIONS!

Baseball
 Basketball, Boys
 Basketball, Girls
 Basketball, Girls
 Cheerleading/Competitive
 Cross Country, Boys
 Cross Country, Girls
 Flag Football
 Football
 Golf, Boys
 Golf, Girls
 Lacrosse, Boys
 Lacrosse, Girls
 Soccer, Boys
 Soccer, Girls

Bowling
 Softball
 Swimming & Diving, Boys
 Swimming & Diving, Girls
 Tennis, Boys
 Tennis, Girls
 Track & Field, Boys
 Track & Field, Girls
 Volleyball, Boys
 Volleyball, Girls
 Water Polo, Boys
 Water Polo, Girls
 Wrestling

WANT MORE INFO?

CHECK THE SCHOOL WEBSITE!

- ✓ Game Schedules
- ✓ Coach Contacts

MIDNIGHT MADNESS!

MSD Football was getting ready for the season at their Midnight Madness Practice!



Sandra.Davis@browardschools.com

Sandi Davis

Assistant Principal

Partners in Education

INTERESTED IN DONATING TO STONEMAN DOUGLAS?

- ✓ Contact Sandi Davis (Sandra.Davis@browardschools.com) to become an “Eagle Partner”
- ✓ Eagle Partner logos are featured on the school website (screenshot below)

The screenshot displays a website interface with a grey background. On the left, there are three main content blocks: 1) A yellow 'SCHEDULE PICK UP' button next to the text 'Student Schedule, ID, and Textbook Pick Up (9th - 12th Grade)' and a link 'Click for Dates and Times'. 2) A stack of colorful 'STUDENT PARKING' tickets next to the text 'Student Parking Information' and a link 'Click the Link for the Information'. 3) Two smartphone screens displaying the 'FortifyEL' app next to the text 'FortifyEL: Suspicious Activity Reporting App' and a description: 'Download the app by following the link - it allows you to instantly relay information to appropriate law enforcement agencies and school officials.' On the right side, there is a red header 'Eagle Partners' above a large logo for 'THE NEW YORK Bagel FACTORY' which includes the tagline 'The Home of Bagelology'. Below the bagel logo are three smaller logos for 'Chick-fil-e', 'Stoneman Douglas', and another logo. At the bottom right, there is a red header 'School Quick Links'.

WELLNESS CENTER

ON CAMPUS

Available All Day to: All Students and All Staff

Types of Resources:

- ✓ 2 Psychologists
- ✓ 5 Mental Health/Family Therapists
- ✓ 4 Social Workers
- ✓ 1 Nurse

Providing Help With:

- ✓ Crisis Intervention
- ✓ Coping Strategies
- ✓ Reclaiming Calm



Broward County Resiliency Center

City of Parkland Amphitheater, Pine Trails Park

10561 Trails End, Parkland, FL 33076

Services Provided

Crisis/Grief Counseling/Spiritual Care

Language Translation

Referrals to Community Resources

Hours of Operation:

Saturday	12 p.m. to 5 p.m.
Sunday	12 p.m. to 5 p.m.
Monday	12 p.m. to 7 p.m.
Tuesday	12 p.m. to 7 p.m.
Wednesday	12 p.m. to 7 p.m.
Thursday	12 p.m. to 7 p.m.
Friday	12 p.m. to 7 p.m.

For assistance between 9 a.m. – 5 p.m., please call the Hotline
at 754-321-HELP (4357)

After 5 p.m., dial **2-1-1**

Text "FL" 741741 to be connected with a counselor

For additional resources online, visit browardschools.com/CrisisSupport

To offer your support or services to the community,

visit browardschools.com/WeSupport

Broward County Resiliency Center

City of Parkland Amphitheater, Pine Trails Park
10561 Trails End, Parkland, FL 33076

FREE WELLNESS SUPPORT GROUPS

STUDENT Support Group (Grades 9-12)

Mondays from 6 p.m. – 6:45 p.m.

PARENT Support Group

Tuesdays from 6 p.m. – 7 p.m.

BCPS SCHOOL STAFF Support Group

Thursdays from 4 p.m. – 5 p.m.

KNITTING Support Group (Max 12 participants)

Located at Rec Center Activity Room 4

Open to adults 5:30 p.m. to 7:30 p.m.

Call 754-321-1590 to reserve your space

For assistance between 9 a.m. – 5 p.m., please call the Hot-line at
754-321-HELP (4357), after 5 p.m., dial **2-1-1**

Text "FL" 741741 to be connected with a counselor

For additional resources online,
visit browardschools.com/CrisisSupport
To offer your support or services to the community,
visit browardschools.com/WeSupport



TRAUMA COUNSELING

The recent Marjory Stonemen Douglas High School tragedy has profoundly impacted our community. If you have been affected and are experiencing depression, anxiety, anger, grief, or are having difficulty communicating, focusing or feeling stressed, please know that free help is available.

Youth

Kids In Distress

Rachel Hord
954-390-7654 ext 1039

Memorial Healthcare System

Joshua Plantz
954-276-0920



Adult

Memorial Healthcare System

Tracy Klein
954-276-3402

Youth -or- Adult

Henderson Behavioral Health

Lani Fandino
954-677-3113 opt 3

Smith Community Mental Health

Michael Houghtaling
954-321-2296 ext 219

Banyan Health Systems

Shirley Gramajo
954-587-1417

Chrysalis Health

Kenjenique Johnson
954-587-1008 ext 1051

Counseling provides the opportunity for individuals to begin the healing process with trauma trained professionals. The counseling relationship is objective, non-judgmental, and understanding. Most importantly, services are strictly confidential, available at no cost and provided by an organization of your choice. Daytime, evening and weekend appointments are available.

For immediate crisis services, please contact Henderson Behavioral Health:

Adult Mobile Crisis Response Team 954.463.0911

Youth Emergency Services 954.677.3113 opt 3



Free Mindfulness Workshops

for Adults
Stoneman Douglas Zone



MINDFUL KIDS
MIAMI
STRONG HEARTS•STRONG MINDS

Learn the mindfulness approach to reduce stress and anxiety, while increasing focus, awareness, balance, and peace of mind. Mindfulness provides tools for living in the present moment with joy and health.

Audience: Teachers, Parents and any other Adult Staff
Location: Coral Springs Middle, Media Center
Time: 4:30PM and 5:30PM

Date Options: Select one or more of the following dates.
Monday, April 16, Wednesday, April 18, Monday, April 23, Wednesday, April 25, Monday, April 30, Wednesday, May 2, Monday, May 7, Wednesday, May 9, Monday, May 14, Wednesday, May 16, Monday, May 21, Wednesday, May 23, Wednesday, May 30, Monday, June 4, Wednesday, June 6

Registration Link: <https://www.surveymonkey.com/r/mindfulness>

Provider: Mindful Kids, Miami





Facts about grieving children:

One out of every 20 children will have a parent die before graduating from high school. In Broward County alone, this number translates to over 20,000 children. This does not include children grieving the death of a sibling, grandparent, close family member or friend. Sadly, the tragedy for these children is twofold: first, the devastating death of a loved one and second, their needs that are not recognized, understood or adequately supported by society.

Children grieve in their own language which is through symbolic play. Often, their caregiver is too distraught in their own grief to recognize that the children need support. Without support to guide a child through healthy avenues of expression in dealing with their grief, grieving children are at greater risk of developing behavioral and emotional problems such as anxiety, substance abuse, poor academic performance, aggression, fear of death, low self-confidence, social isolation, depression and self harm including suicide.

Supporting bereaved youth is an investment in our community's future. A Columbia University 2005 survey of 300 incarcerated adolescents indicated that 96% had experienced the death of someone significant in their lives. Equally as startling is that they also found that 92% of young people in drug and alcohol rehabilitation programs had experienced the death of someone significant.

Facts about Tomorrow's Rainbow:

Background Tomorrow's Rainbow was the vision of its founder, Abby Mosher, after a family tragedy identified the lack of understanding and support provided in our community for the forgotten mourners, bereaved children. The mission is to provide educational and emotional support and guidance to grieving children and their families. The Tomorrow's Rainbow Ranch is the home of the first grief center of its kind to incorporate the time tested best practices of facilitated peer support with the therapeutic use of miniature horses. In October 2005, Tomorrow's Rainbow began providing grief support programs by utilizing facilitated peer support groups, miniature horse interactions and therapeutic play, free of charge, to children and their families that had experienced the death of a loved one. Since then, one support group per week quickly grew to 14 bi-weekly groups with thousands of families having experienced the comprehensive and innovative approach to grief support that occurs at the Tomorrow's Rainbow Ranch. In a short time, Tomorrow's Rainbow has grown from a vision of its founder, to a highly respected program that receives daily referrals from schools, hospice organizations, funeral homes, doctors and social agencies.

Need Tomorrow's Rainbow is the only stand alone children's grief center in Broward and Palm Beach County. The impact of raising awareness regarding the needs of bereaved children coupled with an excellent reputation in the community and among social agencies has resulted in an overwhelming number of referrals to the organization. Tomorrow's Rainbow is funded primarily by private and corporate donations. The organization has a staff of 2 full time employees, 1 part time employee and over 200 active volunteers. This invaluable resource will only continue to exist with community support, awareness and advocacy.

www.TomorrowsRainbow.org

4341 NW 39TH Avenue

Coconut Creek, FL

33073

(954) 978-2390



Teen Grief Support Group

Peer Support Group for
MSDHS students

A grief support group that understands the way teens grieve. This is a closed group for students of Marjory Stoneman Douglas High School only. Additional support groups are being added.

No judgement, no advice, no interpretation, no teaching, no preaching...Tomorrow's Rainbow understands that, with support, we all have the innate ability to heal after the tragic death of somebody important to us. Join around the fire pit, eat pizza, drink soda and support one another through grief.

See why Tomorrow's Rainbow is the premier resource for grieving children, teens and their adults in our community. Experience the healing that occurs when camaraderie is combined with compassion and time tested, best practice bereavement services. Please join us!

- WHEN:** Beginning Wednesday, March 14, 2017
- TIME:** Pizza & socializing begins at 5:30 PM. Group is from 6:00 to 7:30 PM.
- WHERE:** Tomorrow's Rainbow, 4341 NW 39th Avenue, Coconut Creek, FL 33073
- COST:** Free. Tomorrow's Rainbow does not charge a fee for support groups.
- DURATION:** Open-ended
- REGISTRATION:** You may register at anytime. Call Marla Berger, LMHC at 954.978.2390



Tomorrow's Rainbow opened its doors in 2005 to fill a void in Broward County for age appropriate grief support services. Our groups are offered to children and teens ages 3 to 18 years old along with their adult caregivers to ensure that the entire family unit is being supported. In 12 years, Tomorrow's Rainbow has provided grief support for thousands of bereaved youth in our community by infusing the therapeutic use of horses into the best practice model of facilitated peer support. Tomorrow's Rainbow never charges a fee for support groups and is funded solely by private donors, foundations and corporate donors. Children do grieve. We understand how.



954.978.2390

www.TomorrowsRainbow.org

MENTAL HEALTH AND WELLNESS

Supporting our Community

FLYERS

1. Hours: Broward County Resiliency Center
2. Support Groups at Broward County Resiliency Center
3. Employee Assistance Program – Counseling
4. Trauma Counseling – Broward Behavioral Health Coalition
5. Mindfulness Workshops for Adults in the Stoneman Douglas Zone
6. Tomorrow's Rainbow, Incorporated

For assistance between 9 a.m. – 5 p.m.

Please call the Hotline at

754-321-HELP (4357)

After 5 p.m., dial 2-1-1

For additional resources online, visit browardschools.com/CrisisSupport

To offer your support or services to the community,

visit browardschools.com/WeSupport

OPEN
Mon. thru Fri. 9 am to 7 pm
Sat. & Sun. 10 am to 4 pm



...rediscovering wellness, restoring hope

Eagles' Haven is a community wellness center created solely and mindfully for the MSD/Eagles community giving current, future and former students, parents, family members and faculty one responsive and nurturing place to call or drop in for any supportive service or wellness need 7 days a week, free of charge. Services include:

Information and Education

- Parent Guidance Sessions
- Support Groups for Students, Parents, Siblings, Grandparents, Extended Family Members, Teachers
- Wellness and Resiliency Workshops
- Community and School Outreach

Family Strengthening Services

- Linking families to any needed service or traditional therapy in the community
- In-Home Private Consultations
- School Advocacy
- Crisis Support
- Private and Group Walk-Ins


Wellness Experiences

- Pet Experiences
- Kickboxing ♥ Boot Camp ♥ Power Yoga
- Cooking & Healthy Eating
- Tai Chi ♥ Healing Yoga
- Meditation & Mindfulness
- Creative Arts
- Open Mic Music and Poetry
- Drumming Circle & Dance
- Aromatherapy ♥ Game Night
- Acupuncture ♥ Improv & Drama

Eagles' Haven is not a therapy center, it is a place for all of us to come together to rediscover wellness and restore hope. Come and join us for a cup of coffee ♥

Private family consultations are now available.
Please contact our Center at 954.618.0350 or email us at eagleshaven@jafco.org.

5655 Coral Ridge Drive (next door to Tunie's) • Coral Springs, Florida 33076
www.eagleshaven.org

The Eagles' Haven Wellness Center is lovingly powered by 
and is made possible with the generous funding of 