



Eagles' Haven



**...rediscovering wellness and
restoring hope in the
Parkland/Coral Springs community.**

The mission of the Eagles' Haven Wellness Center is to honor the lives of the victims and survivors of the tragic MSD school shooting, to rediscover wellness and to restore hope to the Parkland/Coral Springs community through family strengthening navigation services, wellness experiences, crisis support, and support groups.

Eagles' Haven **Wellness Experiences** provide a safe space for children, teens and adults to participate in a variety of our health and wellness activities and create a wellness plan for healing.

Our **Family Strengthening** services provide comprehensive therapeutic support and referrals to community professionals in addition to crisis intervention services.

Our **Support Groups** for teachers, students, parents and community members allow our community to come together in small groups in a safe setting.

Our **Annual 2-14 Commemoration** keeps every victim of this tragedy *forever in our hearts*.



Wellness and support offered at Eagles' Haven FREE of charge:

Wellness Experiences

- Breathing & Meditation
- Yoga & Pilates
- Sound Healing
- Creative Arts
- Therapeutic Music
- Therapy Dogs
- Physical Fitness
- Aromatherapy
- Floral Arrangements
- Smoothie Bike
- Acupuncture
- Family Fun Nights
- Drop-in Coffee Time

Family Strengthening

- Family and Individual Consultation
- In-Home Private Consultations
- School Advocacy
- Crisis Support
- Private and Group Walk-Ins

Workshops and Support Groups

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



Wellness Experiences provide a safe space for children, teens and adults to participate in a variety of our health and wellness learning sessions. Classes range from physical fitness to creative arts to mindfulness activities.

Family Strengthening in-home and private consultations are available to individuals and families for as long as necessary to provide ongoing care. Immediate walk-in crisis intervention, safety plans and clinical referrals are also available.

Workshops and Support Groups provide trauma information and education on topics such as communication, mind-body skills, parenting, understanding trauma, loss and grief, survivors' guilt, self-care, wellness, the value of therapy, breath work, and more. Support groups for teachers, students, parents, and community members take place throughout the year. Specialized groups for grandparents, alumni, and the families of the victims are also available.

For more information contact Eagles' Haven at 954-618-0350 or eagleshaven@jafco.org.

Pre-registration is required. For upcoming activities please scan to download our app for class schedule and registration or visit eagleshaven.org.



Our Partners



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6th Anniversary 17 Dove Release

Open 8 days a week
Monday through Friday 9 am to 7 pm
Saturday and Sunday 10 am to 4 pm

5655 Coral Ridge Drive
The Shoppes at Heron Lakes
Coral Springs, Florida 33076

954-618-0350 • EaglesHaven.org • eagleshaven@jafco.org



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