

**OPEN**

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



# Eagles' Haven

...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](http://www.eagleshaven.org)

The Eagles' Haven Wellness Center is lovingly powered by   
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