



Eagles' Haven



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

Our Eagles' Haven commitment honors the lives of the victims and survivors of MSD, and will remain in place as our community continues to heal.

Eagles' Haven Program Outcomes

Since opening in 2019, over 2,051 unduplicated clients have been served in one of our programs and over 5,955 (duplicated) participants enjoyed all of our programs offered "8 days a week".

We provide wellness experiences, crisis support, case management, trauma education, support groups and access to therapy, free of charge, all in one beautiful wellness-inspired setting.



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

Wellness Experiences

- Kickboxing
- Breathing & Meditation
- Yoga & Pilates
- Painting
- Drumming Circle
- Therapy Dog Thursdays
- Aromatherapy
- Floral Arrangements
- Smoothie Bike
- Qi Gong / Tai Chi
- Jewelry making
- Acupuncture
- Friday Family Fun Night
- Drop-in Coffee Time
- Reiki and Sound Healing

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 kickboxing to open mic poetry and photo journaling to family game nights.

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, parenting, understanding trauma, loss and grief, survivors' guilt, self-care, wellness, the value of therapy, breath work, trial preparation, and more. Support groups for teachers, students and parents 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 Director Rebecca Jarquin at
 954-618-0350 or rebecca@eagleshaven.org.**

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



Our Sponsors & Partners





3rd Anniversary 17 Dove Release

**Open 8 days a week • Mon. thru Fri. 9 am to 7 pm
Sat. & Sun. 10 am to 4 pm**

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

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