



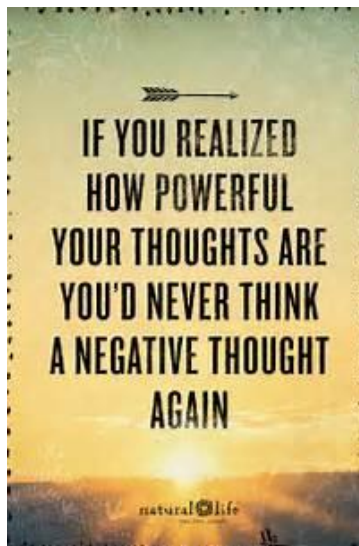
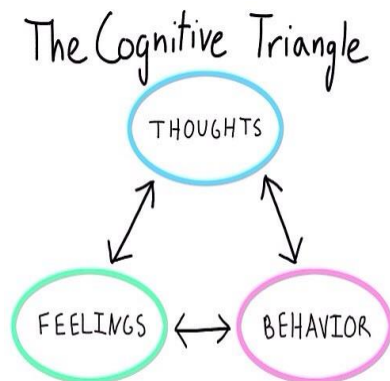
MOOD BOOST

This group teaches strategies that help you to counteract negative thinking.

You will learn to identify negative self-talk that leads to mood issues.

You will be able to process feelings and emotions with peers that are experiencing similar issues.

This group is an accepting place for you to share and gain support.



**GROUP
COUNSELING**

**WEEKLY
MEETING**

FOR YOU

**OPEN TO ALL
STUDENTS**

**PLEASE CONTACT
MR. PELCZAR**

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