

Stay Well, Build Your Skills

a free online mental health group just for teens in grades 8-12

Learn skills to manage emotions, manifest calm, and cope with academic, social, and community stresses. This program is an open support group followed by facilitator-led mental health skill building. **Participants have a chance to win WAWA gift cards.**

Contact lisa@namimainlinepa.org with questions.

SESSION ONE!
THURSDAY, 2/26, 7-8:30PM

MIRROR MIRROR: SKILLS FOR POSITIVE SELFTALK

with Melissa Rice, Ph.D., Author, Professor
Immaculata University

Join us for a program designed to help individuals recognize their inner dialogue and learn practical strategies to shift negative thoughts into empowering, compassionate self-talk. Through personal stories, coping tools, accessible techniques like therapy, sports, and music, and the support of others, the program emphasizes that everyone has a story and everyone has the ability to strengthen their mental well-being.



Info and Registration:



Stay Well, Build Your Skills

A FREE, ON-LINE MENTAL HEALTH GROUP FOR TEENS



**MEETS EVERY
OTHER
THURSDAY AT
7 PM**

**OPEN SUPPORT
GROUP** JUST FOR TEENS GRADES 8-12

**FOLLOWED BY FACILITATOR-LED
MENTAL HEALTH
SKILL-BUILDING**

**SKILL-BUILDING
BEGINS AT
7:45 PM**

Dates and Skill-Building Topics:

- . 2/26 Mirror Mirror: Skills for PositiveSelfTalk
- . 3/12 Your Brain is a Power Tool
- . 3/26 Coping Skills, positive and negative...What are they and what's the difference?
- . 4/9 Forgo the Fight: Interpersonal Skills for Managing Conflict
- . 4/23 Gratitude is Your Super Power
- . 5/14 Chill Skills: Learning to Breathe for Balance
- . 5/28 Summer Days, Summer Plans: Setting Routines and Goals for Summer



Questions?

Contact Us

267-251-6240

REGISTER:

