

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 Positive Self Talk**
- 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:

