



LIFE IS
HARD

BEING A
TEENAGER
IS HARD

DON'T FACE IT ALONE!

JOIN OUR YOUTH PEER SUPPORT GROUP



JJAB Offices

Middle and High School Teens

*2nd and 4th Wednesday
of each month, starts Oct 28th*

4pm - 5pm

Learn more



This group is a welcoming, judgment-free space where teens can connect, talk openly, and support one another. The group is led by a safe, supportive, YPS certified young adult with lived experience who understands what it's like to navigate mental health challenges and substance use. Whether you're looking for support, insights, connection, or simply someone to talk to, this group is a place to be yourself and talk about what's on your mind — no judgment, no pressure.

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