



# TEEN SUPPORT GROUP

## *Navigating Change*

FREE ADMISSION | 8 WEEKS, 6/10/23-8/5/2023

### **SATURDAYS**

12:00-1:30pm 9th & 10th Grade

2:00-3:30pm 11th & 12th Grade

**Cost to attend: \$0**

Group members will learn about relationships, self-esteem, navigating negative thoughts, and self-care.

Please contact our office with questions or to RSVP at  
[office@thecenterofwellness.org](mailto:office@thecenterofwellness.org)



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