



positivedirections
THE CENTER FOR PREVENTION AND COUNSELING



HIGH SCHOOL STRESS SUPPORT GROUP

**A SAFE PLACE TO TALK WITH OTHER HIGH SCHOOLERS
ABOUT SCHOOL, LIFE, RELATIONSHIPS & MORE**

LED BY KARLENE BARNETT, LADC, LPCA

**TUESDAYS 4-5PM (VIRTUAL)
STARTING SEPT. 12TH**

DATE SUBJECT TO CHANGE BASED ON ENROLLMENT

IN THIS **FREE** SUPPORT GROUP, LEARN HOW TO

- Identify stressors and learn coping skills
- Deal with family and peer pressure
- Explore anxieties
- Develop strategies to balance your life

RSVP for link at:

**positivedirections.org/support-groups or call
203-227-7644 to learn more**