



positivedirections  
THE CENTER FOR PREVENTION AND COUNSELING



LED BY KARLENE BARNETT, LADC

A SAFE PLACE TO TALK WITH OTHER TEENS ABOUT  
ALL THINGS HIGH SCHOOL

TUESDAYS 4-5PM (VIRTUAL)  
STARTING SEPT. 6TH

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

- Identify stressors and learn coping skills
- Deal with family and peer pressure
- Explore anxiety around school violence
- Develop strategies to maintain grades

Join this **FREE** virtual group of High  
School Students

RSVP for link at:  
[positivedirections.org/support-groups](https://positivedirections.org/support-groups)  
or call 203-227-7644 to learn more