

**Feeling overwhelmed
balancing
life's stressors?
We can help.**

SAFE SPACE MANAGING SCHOOL, FRIENDS, AND STRESS

**COUNSELING GROUP
FOR MIDDLE-SCHOOL GIRLS
WHO USE SOCIAL MEDIA ON
A DEVICE (PHONE OR TABLET)**



April 18 – May 30
Tuesdays, 6:00 - 7:15 PM



The Community House
415 W. Eighth St,
Hinsdale, IL



Income-based/sliding
scale fees offered



Participants will connect
with peers and reflect on
stress they may be feeling
and learn coping skills to
better manage school,
friends, and stress.



**Call Emma Schaul at
630-323-7500 X230
to learn more.**