Feeling overwhelmed balancing life's stressors? <u>We can help.</u>



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



Income-based/sliding scale fees offered



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

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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.

> PARTICIPANTS MUST BE MIDDLE SCHOOL GIRLS RESIDING IN ONE OF THE FOLLOWING EIGHT COMMUNITIES: HINSDALE, WILLOWBROOK, BURR RIDCE, DOWNERS GROVE, CLARENDON HILLS, WESTMONT, OAK BROOK, AND DARIEN.