

# NEW GROUPS

1  
SOCIAL SKILLS  
GROUP UTILIZING  
STRATEGY GAMES.

4:30PM - 5:45PM  
(AGES 11-14)

2  
STRESS &  
ANXIETY GROUP  
FOR TEEN GIRLS.

6PM - 7:15PM  
(AGES 13-16)

**6 SESSIONS ON WEDNESDAYS  
STARTING MAY 1ST THROUGH JUNE 12TH  
COST IS \$300 FOR THE 6 SESSIONS.**

TIME WILL BE SPENT DISCUSSING SOCIAL INTERACTIONS, SELF-ESTEEM, STRESS, RELAXATION, PEER RELATIONS, & MORE!



GROUPS LED BY  
THERAPISTS FROM  
PEARLMAN &  
ASSOCIATES.

CREATED BY:  
DISTINGUISHED SCHOOL OF  
MENTAL HEALTH &  
WELLNESS  
A 501 (C)(3) NON-PROFIT  
ORGANIZATION

QUESTIONS OR MORE INFO:  
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