

# JOIN US FOR STRONGER TOGETHER- HIGHSCHOOL SUPPORT GROUP



High school group is a supportive mental health group designed for students who are navigating the many pressures of adolescence.

Through guided discussions, interactive activities, and peer support, students will learn practical tools to manage stress, improve emotional regulation, build healthy relationships, and increase self-confidence.

## Goals of the Group:

- Understand and manage anxiety and stress
- Build skills to handle peer pressure and social dynamics
- Develop effective communication and conflict resolution strategies
- Strengthen emotional well-being and self-awareness
- Create a supportive peer community

This is a drop in group and you don't have to attend every month to be part of the group so come when you can!

Contact Sarah Cairo to sign up or if you have any questions.  
21reflections01@gmail.com

Summer Dates:  
June 16th at 7pm  
July 21st at 7pm  
August 11th at 7pm