

Get the support you need
through your teen years



Coping Skills Group

This Group Will Teach:

- New ways to cope with stress
- How to deal with overwhelming or uncomfortable feelings
- Better communication skills and how to strengthen relationships
- Recognize strengths and increase self-confidence and hope

Snacks will be provided.

Schedule:

- **Starting:** October 9th, 2019 at 11:30 am
- **When:** Wednesdays, alternating times for 6 weeks
- **Where:** Elsie Allen Health Center
- **With:** Casandra Camacho, PhD

How to Join:

Call us at **707-583-8777** or just drop in the Elsie Allen Health Center for more information.



All of us. For all of you.

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