



LIFE BALANCE GROUP FOR HIGH SCHOOL STUDENTS

Sept 30th, Oct 7th, 14th, 21st, & 28th, Nov 4th & 11th

Are you feeling stressed and overwhelmed at home, school, and/or with friends? This 7-week group will teach you ways to balance your busy life and cope with stressors. You will learn strategies to manage your stress in different areas while giving you the opportunity to be in a supporting environment with others who are also going through stressful times.

Pennock
center for counseling

**Group will be held on
Mondays
From 11am-noon**

**Open to teens
currently in High
School**

**No charge, but pre-
registration is
required**

**Please contact:
Brittany Popelka,
303-655-9065,
EXT. 19**

**PENNOCK CENTER FOR
COUNSELING**

211 S. 21st Avenue
Brighton, CO 80601
303-655-9065

www.pennockcounseling.org