

LIFE 101

**A time to talk and learn
about life skills!**

- Coping Skills
- Relationships
- Communication Skills
- Balance & Organization
- Emotions

Facilitator: Jessica Butler, Ext. 15

Cost: NO CHARGE

Ages: High School

Dates: Mondays, 1 - 2:30 p.m.

Begins February 4, 2019

(No group held on Feb. 18th)

Snacks!

CALL TO REGISTER

303-655-9065

www.pennockcounseling.org