

TEEN FALL GROUP

BALANCING FRIENDS, FAMILY, AND SCHOOL

This 4-week class will focus on helping teens rise to the challenge of their demanding lives by introducing new coping skills and stress management techniques. This class requires parental consent. Call to register and receive consent forms.

Facilitator: Emmy Crouter, MSW, ext. 13

Cost: no charge

Ages: 13 and up

Dates: Mondays, 12-1 p.m.

September 10, 17, 24, and October 1

Free Lunch!

**CALL TO REGISTER
303-655-9065**

www.pennockcounseling.org