

# *Managing Middle School: Support Group*



*Join your fellow peers in a supportive group and learn new ways to manage middle school stressors. Group topics will include:*

- *Social Skills*
- *Peer Relationships*
- *Time Management*
- *Balancing home life and school Life*
- *fun group activities that promote a healthy stress free life style!*
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*Facilitated by Daniel Veselak MFT 94681 & Cara White MFT 99162*

*Meeting weekly on Monday*

*6:15-7:30pm*

*Cost: 30\$ per session*

*To sign up please call (805) 449-4375 ext 6#*



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*Supervised by Alan Ludington MFC 31680*