

connect



THE
VOLUNTEER CENTER
South Bay - Harbor - Long Beach



Join Connect – a five-week process group to help manage stress, build resilience, and enhance social and emotional well-being in youth ages 13 to 18 years old.

Participate in interactive self-discovery using tangible and engaging activities to help you set personal boundaries, manage stress from school and virtual learning, and counter negative thoughts and self talk.

Macy Grim, M.S., LPCC, a specialist in play and adventure therapy, will lead the high-energy sessions.



REGISTER NOW!

DEADLINE: FEBRUARY 15, 2021

www.volcenter.org/connect

1. Send us your info
2. Receive your materials in the mail
3. Commit to weekly participation from:

March 4, 2021 to April 1, 2021*



*Parent/caregiver class 9:00 a.m.—10:30 a.m. on April 3, 2021

Questions? Contact Sara Myers at sara@volcenter.org

\$50.00
Enrollment Fee
(Scholarships
Available
Upon Request)

Teens will learn:

- ♥ Grounding and relaxation techniques
- ♥ Coping strategies
- ♥ Self-care and volunteer work

resilience empathy
socialize confidence
connect
belonging discovery