

# 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](http://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](mailto: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