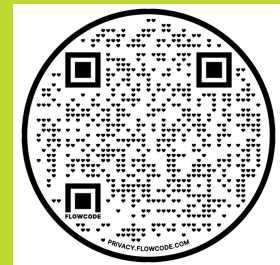


WANNA BE HAPPIER?

Join your peers
and learn
EMPOWERING
Mind-body Skills!!

Experienced violence or abuse?
Feeling overwhelmed? Not feeling joy?
Relationships seem hard?
Having trouble managing difficult emotions?

- Groups for teens with traumatic experiences.
- A confidential safe space to learn ways to cope.
- Cultivate confidence, self-worth, happiness.
- Skills to reduce stress and anxiety.
- Effective fun ways to empower your self-care.
- Navigate through life towards more joy!



For more information, share your deets: SocialWorx.org/MB-Interest

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*Multiple Mind-Body Skills Groups Starting at Various Dates and Times
to accommodate your schedule!



THE LIGHTHOUSE
— INITIATIVE —

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