



Youth Stress Support Group

Offering a Variety of Stress Management and Coping Strategies for
Middle School Students (6th, 7th, and 8th grade):

Meetings from 4:00-5:00pm on the following Wednesdays:

March 6th

March 13th

March 27th

Sessions will take place at the Spanish Community of Wallingford (SCOW).
Contact SCOW at (203)265-5866 or
the Wallingford Youth & Social Services at 203-294-2175 for more
information.

IN THIS FREE, FUN, INTERACTIVE SUPPORT GROUP YOU WILL:

- Identify stressors and learn coping skills
- Develop strategies to minimize stress and anxiety
- Be provided with tools and resources to maintain stress relief goals